# *Febrifugum Magnum:*

OR,

# COMMON WATER

THE BEST

# CURE *for* FEVERS,

And probably for the

# PLAGUE.

By JOHN HANCOCKE, D. D. *Rector of St.* Margaret's Lothbury, London, *Prebendary of* Canterbury, *and Chaplain to his Grace the Duke of* Bedford.

*Perfectissima fit sudoribus febris solutio.* Medus de Imp' Solis, &c. *Desideratum,*

*Medicamentum quod statim tollat sanguinis rarescentiam, & motum immiuuat, nullo fero symptomate subsequente.* Fitcarnius in Princ. Elem. Med. &c. lib. 2. c. 1. §. 35.

Εὕρηκα.

Ἄριστον μὲν ὕδωρ. Pind.

*Helleborum frustrà cum jam cutis ægra tumebit,*
*Poscentem videas, venienti occurrite morbo.* Pers. Sat. 3.

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MVSEVM
BRITAN
NICVM

# THE PREFACE.

*I Have now done, what for above this Twenty Years I have intended to do sometime before I die, only delay'd it to enlarge my Experience. If cold Water in the Beginning of Fevers will do, what I from long Experience verily think it will, the common Benefit it will be to Mankind, will sufficiently excuse my divulging my Experience. If upon a fair Tryal (which is all I desire) it be found to fail, I must bear the Disgrace of amusing the World with such a Proposal. I doubt not, I shall easily find Excuse with reasonable People, when the greatest Physicians confess, there is nothing yet found out, that will certainly, and at once take off a Fever, as I think I am sure cold Water will do.*

*Adver-*

# *Advertiſement.*

WHereas I ſay, *Page* 24. That I had *never tried Water beyond the firſt or ſecond Day of the Fever, but for ought I knew it might do the third or fourth*, I had quite forgotten ('till put in mind of it by ſome in my Family) an Inſtance, where I uſed it with Succeſs the fifth Day.

I had fifteen, or near twenty Years ago, a Relation an hundred and fifty Miles off, that came to Town, he fell into a violent Fever, and took early Advice. He had been ill four Days, before he let me know he was in Town. I went to the Inn to ſee him, and perſwaded him to come in a Coach with me to my Houſe. He immediately went to Bed, I gave him a Doſe of Water. He ſweat profuſely for, as I remember, twenty four Hours, and his Fever went off immediately.

I think it is indifferent, whether we uſe Pump, or Well, or River Water, ſo it be clear and ſweet. I generally uſe Pump Water, becauſe neareſt, and eaſieſt to be had, and the New-River Water is often not ſo clear and ſweet.

As to the Quantity, I find half a Pint will genetally ſerve to ſweat a grown Child. A Pint,

Pint, a Man, or Woman, tho' if they take a Quart, I believe it not the worſe, but rather better. In Fevers with Eruptions, as the Scarlet Fever, Small Pox, Meaſles, the Water will not make the Patient ſweat, but will ſo quell, and keep under the Fever, that the Eruptions will more eaſily and kindly come out. I do not reckon the Plague among thoſe Fevers that are always attended with Eruptions, but (as moſt Phyſicians do) among the malignant Fevers, only in an higher Degree. And therefore (tho' I never had Opportunity to try) I verily believe cold Water will cauſe a Sweat (if given at the Beginning) in that, as I know it will in other malignant Fevers.

*N. B.* When People are well, the Water will not make them ſweat, nor in a gentle Cold, nor, as I have ſaid, in a very light Fever: I hear ſome try in theſe Caſes, and report there is nothing in it.

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## *Written by the ſame Author,*

ARianiſm not the Primitive Chriſtianity: Or the Antenicene Fathers Vindicated, from the Imputation of being favourable to that Hereſy. Deſigned as an Anſwer (in Part) to Mr. *Whiſton*'s Primitive Chriſtianity Reviv'd. By *John Hawarde*, D. D. Rector of St. *Margaret*'s *Lothbury*, *London*, Prebendary of *Canterbury*, and Chaplain to his Grace the Duke of *Bedford*. Second Edition. *London*; Printed for *R. Halſey*, in St. *Michael*'s Church-Porch in *Cornhill*. Price One Shilling.

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# *Febrifugum Magnum*, &c.

IT may (and perhaps juſtly) be wonder'd, that I, who am not a Phyſician, ſhould pretend to give any Directions about the Cure of any Diſtemper; much more Fevers, which have hitherto nonpluſt the Skill of the greateſt and beſt Phyſicians, both ancient and modern, inſomuch that there has not yet been found out any Remedy that will certainly take off a Fever. *Borelli*, in his *Short Diſcourſe of Fevers*, tells us, That many learned Phyſicians have confeſſed, they did not underſtand either the Cauſe or Cure of Fevers: And therefore it would be no Wonder if he himſelf ſhould be miſtaken in his Account of them. Almoſt all

Writers in Physick tacitly own this. Dr. *Pitcairne*, *El. Med.* p. 88. speaking of the Remedies against Fevers, and particularly Bleeding, and in Effect owning the Insufficiency and Uncertainty of them, If ever it happen, saith he, that any one knows a Medicine that will speedily take off the Rarescence of the Blood, and lessen its Motion, without any dangerous Symptom following, then Blooding will be needless. Indeed he says just after, That Sudorificks are not easily and too soon to be given, till the Signs of Concoction appear in the Urine; because they so much increase the Motion and Rarescence of the Blood, that it will not soon be got off. And the same Caution is given by many other Physicians. But I find they had no Notion of any but hot Sudorificks; and of them the Observation is very true: And I am afraid they have kill'd more than they have cured in Fevers, since the *Arabian* Physicians brought them in, for there is little in *Galen* and *Hippocrates* about them. Dr. *Sydenham* complains of the Boldness and Indiscretion of Nurses, and some Physicians, in giving so many hot Cordials in all Sort of Fevers, in forty Places of his Works; and imputes the most dangerous Symptoms in all Sorts of Fevers, to the too common Use of them. Dr. *Friend*, in *Hipp. de Morb. Vulg.* says, They are not yet sufficiently discarded; and that only the more moderate Sudorificks and Cordials should be used. Dr. *Mead*, *cap. ult.*

*De Imp. Sol. &c.* in the Case of Nephritick Pains, says, We must have a Care of hot Things that irritate the Blood, *propter febriculam comitantem, because something of a Fever comes with them.* And therefore I think that great Man does well, in his last Chapter of the Plague, to declare at least that he is not fond of those flaming hot Cordials and Sudorificks, when he advises the Boiling of *Virginian Snakeroot* in a good Quantity of common Water, for a Sudorifick in the Plague. For tho' the Root be very hot, yet it may be good and safe, when given in a Quantity of a cooling Liquid.

I could easily prove there are such Cautions interspers'd on several Occasions, in the greatest Physicians that have wrote, from *Riverius* down to Dr. *Sydenham*; who, as far as I know, broke the Ice, as to the cool Regimen. This makes me wonder that no Body should be jealous of them in the Plague. I think I can dive into the Mystery. Most Physicians in their Writings (and particularly Dr. *Willis* most expressly) distinguish between the Fever and the Malignity, or Poison or Venom; and that the last is chiefly to be attended to, in all malignant Fevers: And that those hot Medicines, tho' they may be dangerous, as Sudorificks, and increase the Fever, yet they are absolutely necessary, as Cardiacks, Alexiterials, Alexipharmicks, to resist and quell the Poison. But I fancy I shall make it probable,

That

That the Poiſon in malignant Fevers, is eaſier and ſafer to be drowned and abſorbed in proper cooling Liquids, than burnt up with hot fiery Medicines. And that the Fever, if not look'd after (and which will certainly be increaſed by theſe hot Medicines, unleſs they be attended with ſome conſiderable Evacuation) may turn the Juices of the Body to little better than Poiſon. For as of all corrupted Juices that turn to Poiſon, Animal Juices are the worſt; ſo I firmly believe, that the Humours of our Bodies, ſome of them at leaſt, by long Stagnation, and particularly in violent Fevers, may be raiſed to that Degree of Putrefaction, as to be as bad as the Poiſon of Toads or Serpents. And that almoſt any Fever, may either by the ill Diſpoſition of the Humours of the Body, or by Miſmanagement, be raiſed to an high Degree of Malignity; nay, ſometimes to the Plague it ſelf.

Many Writers confeſs the Ancients gave Water in Fevers: But their wiſer Sons left it off. *Riverius* ſays it muſt be uſed with Caution. And ſome object, That ſuch cooling Things beget Obſtructions: Which is, I think, only quite contrary to Truth. For I fear moſt of the Obſtructions of the Canals, in the Bodies both of Men, and thoſe that are peculiar to Woman too, come from a preternatural Heat, and Drineſs of the Blood and Juices. For Liquids muſt promote Circulation more than their Contraries. And the Blood would not

circulate

circulate at all, if the Principles of its Compoſition, whatever they are, did not flote in a due Quantity of Serum. And 'tis the Drying up of this by the feveriſh Heat in all Fevers (whatever there may be more in malignant ones) that makes the Blood viſcid, and ſo unapt for a free and natural Circulation.

'Tis certain that the Ancients preſcribed Water in Fevers. *Galen* adviſes to let Blood 'till the Patient faints, and to drink Water 'till he look pale with drinking it. Neither of which I believe is good; as to the ſecond, 'tis very ſure, the Blood may be too much diluted, as well as too little. And I have found by long Experience, That no more than a Pint of cold Water, given in Bed, the firſt or ſecond Day of the Fever (eſpecially if the Perſon have not been much uſed to drink Water, if he have, more muſt be given) will procure as plentiful a Sweat as is needful; and with much more Eaſe than any of the hot Sudorificks. But of that more hereafter.

*Hippocrates*, *Lib.* 3. *De victus ratione*, ſays, If the Fever proceed from a *Plethora*, or Fulneſs of Blood and Humours, nothing but Water is to be given for Three Days. This I believe would do more to reduce the Blood to its natural State of Circulation, than taking away Six or Eight Ounces of Blood. Tho' Dr. *Pitcairne* ſays, Blooding both promotes the Circulation, and takes away the Viſcidity of the Blood. It promotes the Circulation,

in

indeed, while the Blood is flowing, but he himself is forced to confess it flags the more afterward. And as to curing its Viscidity, I confess I have no Notion, how parting with Six, Eight, or Ten Ounces of Blood, can much affect the Viscidity of the Blood, all over the Body. But of that too more hereafter.

Here 'tis necessary, that I who pretend to ground my Account of the Cure of Fevers, only upon a chance and accidental Experience, that happened to my self (as I shall shew more in the Account it self) should say something of the great Hope, that some very great Men seem to have, from the Principles of the newest Philosophy, of reducing Physick to a proper and true Science, grounded upon as certain Demonstration as is to be had in Geometry, or Arithmetick; and of making this the distinguishing Character of a learned from an ordinary Physician. *Mechanick, a Mechanical Account*, &c. is the Word.

*Bellini*, indeed, is modest, and puts his running Title only *De Febribus*; but his Translator, to humour the Age, and I suppose to make his Translation sell the better, makes his running Title, *A Mechanical Account of Fevers.* Indeed I can see nothing Mechanical in all *Bellini*'s Discourse of Fevers, but a long and dark Discourse of a certain *Lentor* (another fine new Word) something he knows not what, that in Fevers obstructs the Circulation

of

of the Blood. He does not tell us what it is, whether the Viſcidity, or (as ſome ſuppoſe the Caſe to be in malignant Fevers) the Grumoſity of the Blood. Nor does he tell us plainly whence he thinks it comes, only in one Place he ſeems to hint, that he thinks it comes from the Bile. This Lentor, be it what it will, though it in ſome Meaſure ſticks to the Sides of the Canals, yet moves by a ſlow Motion, and when it comes to the Capillary Arteries, makes the Paroxyſm in intermitting Fevers, and according to its more or leſs Fluxility, is more or leſs Time before it returns again to the Capillary Arteries, to cauſe another Paroxyſm, while the more Fluxil Part of the Blood in the Canals makes many Circulations. This is a very dark Account, and has little of Mechaniſm in it, but what depends on the known Circulation of the Blood, as indeed every Account I have yet ſeen, of the regular Return of the Fits in intermitting Fevers, is to me very dark.

*Bellini* indeed gives the largeſt Account to be found perhaps any where, of the Antecedents, Concomitants, and Conſequents of Fevers; but with ſo little Diſtinction, that there is no knowing this or that particular Sort of Fevers from them. And every one can tell in general by the Heat and Motion of the Blood, when they are in a Fever. I do not blame him for this, for I cannot find that any Authors fix upon any Pathegnomick

Signs of this or that Fever, till they appear of themſelves, as in the Small Pox, Meaſles, Scarlet and Miliary Fevers; the Pleuriſy, Squinancy, Peripneumony, Eriſipelas, *&c.* And therefore I think the more or leſs violent Symptoms, in the Beginning of Fevers, come only from the greater or leſſer Degree of the Fever, and not from the Kind of it. I think I have ſeen as violent Symptoms, in the cold Fit of a Tertian or Quartan Ague, as, according to the Deſcriptions I have read, are ſuppoſed to attend the Plague it ſelf. I think further, we are not much the wiſer for *Bellini*'s conſtant Obſervation, that Fevers come from the vitiated Quantity, Quality, or Motion of the Blood: If the Blood be either too much, or too little, or corrupted and vitiated in Quality, the Motion will be vitiated too.

I wiſh the Mechanical Men good Succeſs; for no Body would be more glad to ſee Phyſick, both in Theory and Practice, reduced to Demonſtration, than I would be. But I am afraid we muſt ſtill be content to depend upon now and then a little Experiment, which ſometimes informs us of Things we never did, nor never ſhould have thought of in our Lives; ſuch as mine of Water curing Fevers by Sweating is, which I was about thirty Years ago as far from thinking of, as I am now from thinking I ſhall find out the Longitude. Indeed we may reaſon a little upon our Experience,

perience, and Reaſon will help us to apply our Experience to parallel Caſes; but then we muſt be pretty ſure the Caſes are parallel, and that we do not carry our Reaſon upon Experience too far, leſt it leave us in the Lurch.

There have been ſeveral very ingenious Books wrote of late about the Animal Oeconomy, about Animal Secretion, *&c.* We have Mechanical Accounts of Fevers, of the Non-naturals, *&c.* but theſe are not enough to raiſe Phyſick to a demonſtrative Science, equal to Geometry; they muſt farther give us a Mechanical Account of the Blood, of what Principles it is compounded, and what is the true Proportion and the juſt Mixture of the ſeveral Principles in its Compoſition. They muſt give us a Mechanical Account of all the common Humours and Juices of the Body; they muſt tell us how and where they are ſecreted from the Blood, and how and where they return into it again, or at leaſt ſtagnate in it, and thereby corrupt it. We can eaſily underſtand the Arteries and Veins, becauſe they are continued, and where the Artery ends, the Vein begins. But we ſhould wiſh to have a clearer Account of the Nerves, what the Animal Spirits are, whether ſuch hot and fiery Particles as they have been ſuppos'd to be by ſome, and muſt be ſuppos'd to be by thoſe that think, as many have done, that thoſe hot Things that have been call'd

Cordials, and other ſpirituous Liquors, are ſo neceſſary to keep up the Spirits, that a Body can hardly be without 'em; or whether the Animal Spirits are a fine liquid Juice, as thoſe (and I think more truly) ſeem to ſuppoſe, who as they moſtly expreſs themſelves, make the Animal Spirits, and the Nervous Juice, at leaſt the fineſt Part of it, all one. They muſt tell us how and where theſe are deriv'd from the Blood in the Brain, into the Nerves there, and ſo to the reſt of the Body. Then they muſt give us a Mechanical Account of all Diſtempers, and if they will do it in Fevers, I'll pardon 'em the reſt. There are a great many Rationale's of Fevers by eminent Men, as Mechanical as any can be given from Geometry or Algebra, Mechanicks or Hydroſtaticks. Theſe cannot all be true, but may, for ought I know, all be falſe or imperfect, and inſufficient. All thoſe, as I ſaid, are as Mechanical as any they can bring, for they all ſuppoſe Matter and Motion (and if there be an univerſal Principle of Attraction, that muſt be there too) and they all depend upon, and ſuppoſe the Circulation of the Blood, which is Mechanical. I had indeed forgot to except *Vanhelmont*'s fanciful Account of the Cauſe of Fevers, his *Archeus* that inhabits in the upper Orifice of the Stomach, and when any Thing offends him, like a ſurly Maſter, or a ſcolding Miſtreſs in a Family, ſets all in a Flame, and diſturbs

ſturbs the whole Animal Oeconomy, that is, cauſes a Fever. But if there be ſuch a teſty old Gentleman in the Mouth of the Stomach, I have found, if you put him to bed, and pour a Pint of cold Water on his Head, he will be as quiet as a Lamb.

Well, we'll ſuppoſe all this done, and done Mechanically, and to a Demonſtration. What are we the better, unleſs we can demonſtrate, what will be effectual to keep the Animal Oeconomy in order, to cure all theſe Diſeaſes, to promote the ſeveral natural Secretions, and to ſtop all the Exceſſes of 'em. And to mention no more, to cure all ſorts of Fevers, that two Parts of three of the World die of, or their Conſequents. Well, when all is done, theſe Gentlemen muſt travel into the Animal, the Mineral, and Vegetable Kingdoms, and tell us by their Mathematicks, if they can, what are the proper Remedies for the ſeveral Diſtempers of the Body of Man; and ſhew, if they can, the Virtues of all Simples by Attraction, and ſpecifick Gravity. And if they can but find us out the Tree of Life, the Buſineſs is done.

Dr. *Pitcairne*, who ſeems to be as much attached to the neweſt Philoſophy as any Man, and in one Place promiſes great Things in Phyſick from it; yet freely confeſſes in ſeveral Places, that all, as to Practice, is Experience and Obſervation, and not Reaſon and Demonſtration. And calls Medicines the Memory

mory of what has been found, by others or our ſelves, to be good or bad in ſuch and ſuch Caſes; and propoſes it as a *Deſideratum* in Phyſick, to find ſome Remedy that will at once take off a Fever.

He likewiſe ſpends a whole Oration in proving, that the Phyſician has little to do with Philoſophy of any kind, either the Old, or the New, (and whether he do or not) he ought to ſay the neweſt too. In Effect, that if he be ſure of the *Hoti* from good Experience, he need not trouble himſelf about the *Dihoti*. That he may cure a Diſtemper, without being (at leaſt demonſtratively) ſure either of the Cauſe of the Diſtemper, or the *Rationale* of the Operation of the Medicine. And that a Phyſician ought not to be a Slave to any Hypotheſis: And conſequently that he ought not to depend upon any Reaſonings (as he aſſerts in many Places of his Works) between Men of ſeveral Philoſophical Opinions, applied to Phyſick, that have been diſputed, and perhaps will be to the World's End. Which is as much as to ſay, we muſt regard plain Experience with ſome little Reaſoning upon it, and not Reaſon without Experience. This is the Way in all true Philoſophy, and ſo it muſt be in Phyſick.

And here I cannot but ſay (as I think) that in Phyſick, we with all our Philoſophical Hypotheſes are got but very little further than the old, *Calidum & ſiccum, frigidum & humidum*,

*dum, calidum & humidum, frigidum & ſiccum,* of the Antients: In ſhort, the primary ſenſible Qualities: Which tho' perhaps we know not exactly what they are, yet we know when we find 'em, that hot and dry Diſtempers are to be cured with cooling and moiſtening Remedies, *&c.* If this Rule had been obſerved, our Phyſick Books would not have been ſtuffed with ſuch a vaſt Number of laborious Compoſitions of the hotteſt Simples, for the Cure of Fevers, under the ſpecious Names of Sudorificks, Cardiacks, Alexipharmicks, *&c.*

But it may be ſaid, to what Purpoſe is all this? I anſwer, I deſign it for no Body, but my ſelf. I am going to propoſe a Thing to the World, very much out of the common Way. I am no Phyſician, and but a Smatterer in any kind of Philoſophy. Only I think my ſelf capable of Judging of a plain Experiment, and of Reaſoning a little upon it. I depend upon my own Experience, as to the Certainty of what I propoſe. As to the Truth of the Experiments I have made, the World can have but my ſolemn Word for it, and I give them leave to believe me, or not, as they pleaſe. As to my Reaſonings upon it, as to ſome other kind of Fevers, of the Cure of which I have had no Experience, I deſire no Body to regard 'em, any farther than they think the Caſe is parallel. I believe, as I have ſaid above, that our Reaſonings are very ſhort, and dark, and far from demonſtrative, in this as in moſt

Philo-

Philoſophical Matters: And that Phyſick has little to do with Geometry, except perhaps in ſome very few Caſes, and Parts of it.

I intended ſomething of this kind ſix Months ago, and then deſigned ſpeedily, without looking in any Author, to give the World a very ſhort Account of my long Experience as to the Cure of ſeveral ſorts of Fevers, and my firm Belief, that the Remedy, if uſed in Time, as I would direct, would cure the Plague; as 'tis well known by many I have, upon Occaſion, declared almoſt this twenty Years: But going to draw it up, I found I had forgotten the moſt common Terms in Phyſick, the very Names of the moſt common Simples and Compoſitions, and other Things, and that I ſhould be forced to talk more like a Fool than a Phyſician, unleſs I took ſome Time to read a little. For the firſt ſeven Years of my Studies, I read, I believe, as much of moſt Parts of Phyſick, as moſt did that never had a Thought of making a Buſineſs of it; but when I took Orders I wholly left it off. I had then a pretty good Collection of ſuch Authors as were then well thought of, but after that, ſeldom or never meddled with them; and for near this thirty Years paſt, I have not had a Phyſick Book by me to read, having given what I had, with ſome others I bought, to my Son a Phyſician. The World needs not wonder then, if after fifty Years intermiſſion of reading any Thing

almoſt

almoſt in that Way. I do not talk ſo well of Matters that occur as might be expected, and I hope that will be ſome Excuſe for me.

I never till within theſe few Months had the Curioſity to read over Dr. *Sydenham*'s Works, which came out ſome Time after I had left off reading any Thing of that Kind. Tho' I bought 'em for my Son, and heard often in Converſation that he had brought into Practice, a new and cooler *Regimen* in the Cure of Fevers; yet I may truly ſay, I never read ten, I think not two Pages in him, which ſhows I am a Man of very little Curioſity. I have within theſe laſt ſix Months, read him over with ſome Attention, and a great deal of Pleaſure. We are apt to be pleaſed (poor ſelf-opinionated Creatures that we are) with Things that agree with our own Notions. He writes like a very humble, and modeſt Man: Confeſſes his Ignorance of Cauſes in many Things where others from their ſeveral Philoſophical Hypotheſes, determine dogmatically enough. I find his Praxis, as to acute Diſtempers, lies in a little Room; Blooding very often, ſometimes, tho' very rarely, Bliſtering, and that only as far as I remember, when the Head was more than ordinarily affected, low Diet, plenty of innocent Liquids, now and then a quieting Draught, eſpecially after Evacuations. Sometimes gentle Vomiting, Purging very rarely. And in extreme Caſes

Spirit of Vitriol. And laſtly, ſometimes he is, contrary to his own Hypotheſis, forced to fly to the hot Cordials, from an Opinion he had, that the Fever muſt not be brought too low, leaſt Nature ſhould not be able to throw out the morbifick Matter, which I believe I ſhall ſhew before I have done, is a vain Fear.

I have lately light on a Book, I have inquir'd for this twenty Years, *Vander Heiden de Aqua frigida, ſero Lactis, & Aceto.* He commends cold Water for ſeveral Diſtempers, ſome of which I may have Occaſion to mention in this Diſcourſe: but I find nothing in him, of giving Water as a Sudorifick in Fevers. Only in the latter End of his Book, he ſays, he would not diſcommend a Man, that would give it as a Ptiſan in Fevers.

Indeed I have looked into a great many Phyſick Books, both Antient and Modern, ſo far as Indexes will carry me (for I cannot be ſuppoſed to have read many of 'em in a few Months time) and cannot find the leaſt hint of my Notion, and ſo can produce no Authorities.

And now I am ſenſible, I ſhall expoſe my ſelf to the Diſpleaſure of ſome, and the Contempt of many, and well I may expect it, when the great *Sydenham* ſpeaks ſo often in his Books, with ſuch dread of the Cenſure he was like to undergo, for recommending the cool *Regimen* in acute Diſtempers. I ſhall

cite some Passages out of his Works, without in the least comparing my self, who am no Physician, to that great Man, who was one of the best of his Time.

In his Epistle to Dr. *Brady*, page 8. he declares he thought it a greater Happiness, to discover to sickly Mortals, a certain Cure of any one Distemper, than to heap up the Riches of *Cræsus*.

*Page* 352. *De morbis acutis*, he declares that had it not been for his Love to Mankind, and his Desire to do Good, he would never have wrote what he did, at the Expence of his own Reputation, which he saw must suffer from the Novelty of his Notions.

And *Page* 93. In his Discourse of intermitting Fevers, having confessed, that he could not cure autumnal quartan Agues, and the Insufficiency of the Bark to do it, if any one should happen to have any Specifick that will certainly cure it, he will scarce allow him to be a good Man, if he do not discover and divulge it. My Design is only to carry on, and a little improve the cool *Regimen*, which I verily believe is the right in acute Distempers.

I believe we have now a Set of as learned and good Physicians, as ever we had, or perhaps ever shall have, by any of whom I shall take it as an Honour to be civilly corrected.

*The Occasion of trying Water in Fevers.*

About Seven or Eight and Twenty Years ago, I had a terrible Fit of the *Jaundice*, and

a great *Fever* with it, and ſuch a Cough, that I was forced to ſit up Eight Weeks together, or muſt have been broke to Pieces; as it was, my Lungs were broke, and I coughed up a deal of Blood, and for the laſt Fortnight, I got up Phlegm, in conſiderable Quantities, as black as my Hat. All the Phyſicians that ſaw me gave me up, and ſome of 'em would viſit me but once. But it pleaſed God, beyond the Expectation of all, I got through it; tho' I was very ill and weak all that Year.

The next Spring, as near as I could remember, the ſame Week in *April*, the *Jaundice* came again, with a violent Cough. Then I confeſs I was afraid, by reaſon of the Breach in my Lungs, I ſhould not get through it. I met with a Friend, that adviſed me to take a little Powder of *Yellow Amber* in half a Pint of cold Water. I took it, and found my Cough ſtopt immediately. The firſt Thought I had was, it could hardly be the Amber, but the Water, that muſt do it ſo ſoon. Some Hours after, when my Cough grew troubleſome, I took half a Pint of Water, without the Amber, and found it had the ſame Effect; when I went to bed I drank a Glaſs of Water, and ſet another by me to drink after my firſt Sleep. I ſlept quietly that Night, and in the Morning found my ſelf in a fine eaſy gentle Sweat, cooled my ſelf a little, got up, and was much better. I continued to drink Water ſeveral Times

that

that Day, and the Day after, and found my ſelf both Mornings after in a gentle Sweat, and was ſtill better. And the fourth Morning was not in any Sweat at all, and was well, the Cough, the Fever, and Jaundice gone.

I have had Experience of the ſame Method, in Fevers as malignant as they can well be ſuppoſed to be. *Good in Malignant Fevers.*

I had a Son of my own, that betimes in the Night fell ill, as his Brothers who lay in the ſame Chamber with him told me after, he had ſuch Tremblings and Shiverings, that the very Bed ſhaked under him moſt Part of the Night. They (as Children uſe to do) told me nothing of it: In the Morning he got up and came down; in half an Hour's time he fell down in ſuch a Condition, that we thought he would have died on the Spot. We carried him up to Bed; as ſoon as he was come to himſelf, I made him drink half a Pint of cold Water. He in a little Time fell into a plentiful Sweat: He ſweat all Day long, in ſuch a manner as I have ſeldom ever ſeen any one do. At Night his Sweat went off; he had ſweat ſo as not to drench his Shift and the Sheets only, but the very Bed under him. We ſhifted him carefully, and the next Morning he ſeemed to be very well, and began to call for Meat; we kept him up for two Days. The next Morning after he was ſo well, that I thought he might come down, he did ſo. But the two Doors of the Entry happening to be open, and the *An Inſtance.*

the Wind very ſtrong, it happened to blow ſo violently upon him, that I believe he took Cold; for in an Hour's time, he fell as ill almoſt as before. I put him to Bed again, gave him cold Water as before: He ſweat upon the Matter, as violently as before. At, or ſometime before Night, the Sweat went off. We took Care of him, and the next Morning, without Sweating at all in the Night, he was very well again. We kept him up four or five Days, he eat his Meat well, and went abroad without taking any Phyſick, and without any Inconvenience following upon it. Which I think is a pretty good Sign, that this ſort of Sudorifick not only carries off the Fever, but at the ſame Time clears the Stomach too, ſooner and better than any hot Sudorifick will do.

*Another Inſtance.* I ſhall give another Inſtance, I think more remarkable than this, of cold Water taking off a Fever, that in probability would have been a moſt malignant one.

There was a Woman in our Neighbourhood that fell ill, and died of a moſt malignant Fever. The Women that came about her, ſtick'd not to ſay, it was little better than the Plague. Her Husband then kept a Coffee-Houſe. There was an Acquaintance of mine, to whom I had told my Experience (which I often did to ſeveral, tho' few regarded it) that was then drinking a Diſh of Coffee at his Houſe. The Man while the Clergy-man

was

was there, fell ill with the moſt violent Symptoms that uſe to happen in the Beginning of malignant Fevers. The Man own'd himſelf to be much worſe than his Wife was, when ſhe began to be ill, and ſaid he ſhould certainly die. The Clergy-man perſwaded him to go to Bed, and ſaid, he thought he could cure him; the Man thought he banter'd him, but was at laſt perſwaded to go to Bed. He brought him up a Quart of Water, and made him drink it off. He fell into a violent Sweat in a little time, ſweat all Day, and the next Day was well.

As to other common Fevers if uſed in time, it will take 'em off with the greateſt Eaſe and Certainty that can be. It has been ſo often, and is ſo conſtantly uſed in my Family, when any Thing like a Fever happens, that I may communicate to the World theſe Obſervations concerning it. *Eaſily takes off common Fevers.*

1. That in common Fevers, ſometimes the Doſe of Water will not make 'em ſweat, but will put 'em in a gentle Heat, and flush 'em, and lying two or three Hours in Bed, the Fever is over; and they may get up, and without any danger at all go about their Buſineſs. When this is the Caſe, I think I may conclude, the Diſtemper was only a *Febris Ephemera*, or a ſimple *Synochus*, that (as is often the Caſe) would have gone off of it ſelf, in one, two, three, or four Days. *Obſervations.*

2. Sometimes the Patient will ſweat much, but not ſo plentifully, nor ſo long, as in

the

the Caſes I have before deſcribed. When this happens, I am apt to conclude, the Diſtemper would, if not taken off, have come to be a ſtated Fever, either what Phyſicians commonly call a putrid *Synochus*, or *Cauſus*, or the like.

3. Sometimes the Patient will ſweat moſt plentifully, and even profuſely, as in the Inſtances before mentioned. And then I think I have Reaſon to believe, the Fever if not taken off would have been of the malignant Kind.

But ſtill I am pretty ſure, from long Experience, that a Doſe of cold Water in Bed, will take off any of theſe ſorts of Fevers, if given in Time, *i. e.* the firſt or ſecond Day, or for ought I know the third or fourth, but that I have never tried, nor would I have any Body elſe do it. He is no very wiſe Man, that hears what I aſſert and believes it, that will neglect it too long, and make an Experiment upon himſelf, or any Body elſe.

4. There is no Occaſion in this Method of Sweating, to add any Covers more than the Patient commonly lies under, at leaſt I never order'd it to be done, nor do any of my Family uſe to do it, more than perhaps ſome of their wearing Apparel to keep it warm againſt they get up. Whereas it is common for People in Sweating to double their Covers, and bind their Heads, to make 'em ſweat.

5. From

5. From thence it appears, that this is the moſt eaſy and kindly Sweating, and that it offers the leaſt Violence to Nature, and does no hurt whether the Patient ſweat or not. And conſequently more ſafe and effectual than either any of thoſe violent Sweats, that in the beginning of ſome Fevers come of themſelves, or any of thoſe that are forced by hot Sudorificks. And indeed there is ſo ſenſible a Difference between a Sweat produced by the hot Sudorificks, and what I propoſe, as nothing can be more. In the Caſe of the hot Sudorificks, before the Sweat appears, the Blood gallops through the Veſſels, and greater Heat follows thereupon, and the Fever is for the preſent certainly increaſed, if not the Blood more corrupted, ſo that if the Patient do not afterwards ſweat very plentifully, it may be a Queſtion (and has been often with me) whether the Fever be not as much increaſed by the Heat of the Sudorificks, as it is leſſened by the Sweat that follows 'em.

*A great Difference between a Sweat by hot Sudorificks, and that by cold Water.*

But in the Caſe of Sweating by cold Water, the Fever is ſo quell'd, and the Pulſe beats ſo eaſily (tho' a little lower than the natural Pulſe) that if a Phyſician were call'd in at that Inſtant, and were told the Patient were in a Fever, he would not believe it. And when he found the Patient in a Sweat, would be apt to ſuſpect he had ſome new Diſtemper, that he had heard or read nothing of; and the Patient lying under no

more Cover than he used to have, and having very little preternatural Heat upon him, undergoes the Process without any Fatigue, with ten Times more Ease, than he could do with the same Quantity of Evacuation by Sweating, from any of the hot Sudorificks. And after the Sweat from the hot Sudorificks is over, there will remain such an Heat and Driness in the Patient's Blood, and such a Drought in the Man as is troublesome. On the contrary, when the Sweat from this cool Sudorifick is done, the Patient will be much what as cool and easy, as in his natural State of Health.

Within a Year after I took Orders, I was Curate in a great Parish eight or ten Miles over, with a pretty large Market Town in it, where the common Mortality was about three Hundred, when Fevers or Small Pox were Epidemical four Hundred or more. By frequent visiting those in Fevers, tho' I never wrote a Bill in my Life, I had Opportunity of observing what was done, and with what Success.

*Blooding, Vomiting, and Blistering often ineffectual.*

And I so often observed, that when the Physician, practising Apothecary or Surgeon, was sent for pretty betimes, and Blooding, Vomiting, and Sweating administred, one would think not too late, yet the Fever went on, got Head, and often proved mortal, that I could not but pity the Condition of us poor Mortals. I had even then an Opinion,

nion, that Sudorificks were the most proper Cure for Fevers. Why I thought so, I do not well know; for as I have said, they so often fail'd, that I saw they were not to be depended on. But that Fancy running in my Head, was the Occasion of my observing, and thinking of the Experience I am now communicating to the World. And I here solemnly tell the World, that what I have now proposed, the taking off Fevers by Water, has never fail'd me yet in those Fevers I have already mentioned; and if the Cause of the Fever lie in the Blood and Humours only, and there be no Fault in the solid Parts, or in the Vessels and Canals of the Body, I believe never will, if taken in Time.

*The Method of Sweating by cold Water never failed the Author yet.*

I have likewise had some Experience of the Cure of Agues by Sweating with cold Water. I have verily thought this twenty Years as I do still, that if when a Man in an Ague first apprehends the cold Fit a coming on (as every one can feel that) he would go to Bed, and drink off a Pint, or rather at several Draughts a Quart of cold Water, if not at the first, yet at the second or third Fit, it would take it off; and that surer and safer from ill Consequences, than the Bark it self. The Bark is a noble Medicine, but every one knows that it seldom does the Business in Quartan Agues, and not always in Tertian; and if it do not do Good, the long taking of it must do Hurt; and for this Reason, I doubt not Dr. *Syden-*

*The Author thinks cold Water will cure Agues sooner and safer than the Bark.*

*ham* cautions againſt trying it too long. There are Inſtances enough, where the long taking of it, has had little Effect, but to ſpoil a good Conſtitution.

I had a Son, as clever and healthful a Man as moſt are, that going on occaſion to live in a low, moiſt Country, got an Ague; he truſted to the Bark for the Cure of it, for half a Year together. But whether it were the bad Country, or the bad Ague, or the bad Bark, or the long taking of it, if it were good, he never after was a healthful Man. However I believe, it is eaſier to get good Water, than good Bark, and I hope by what I have ſaid, I no more diſparage the Bark, than Dr. *Pitcairne* does by preferring *Camomile* Flowers before it. I have told ſeveral of Water for the Cure of Agues, but do not know, that ever I prevailed with any to try it, till lately.

*2 Inſtances of it.* About eight Months ago, I met with a worthy Dignitary of our Church. We were talking, as moſt People have been apt to do, of the Plague in *France*. I was telling him of the long Experience I had, of curing Fevers by Sweating with cold Water; that I had an Opinion, that it would cure the Plague if taken ſpeedily, after it ſeized a Perſon. And I think I might ſay, I believed it would cure Agues, if taken in Bed at the Approach of the cold Fit. It ſeems he then had an Ague; he ſaid nothing to me, but the next

Time

Time his Fit came on, he went to Bed and took it. It made him ſweat plentifully, for (as I remember he ſaid) eight or nine Hours together. He took care of taking Cold, and had no more Fits of his Ague. This Account he gave me himſelf.

The other Inſtance I had from a Perſon of Quality, with whom I had often diſcourſed of my Experience in this Caſe. He told me he met a poor Man in the Street, who looked pitifully, I ſuppoſe he gave him ſome Charity; and inquiring what made him look ſo ill, the poor Man told him, he had had an Ague for half a Year, and that it had brought him very low. The Gentleman adviſed him, the next Time his Fit came on, to go to Bed, and take ſuch a Quantity of cold Water, and directed him what to do.

Some Time after he met him again, and the Gentleman finding he looked well, inquired of him, whether he had done as he directed him. The poor Man told him he had, and that it took off his Ague at the ſecond Fit, that is, at twice taking it. I had this Account from the worthy Knight himſelf.

As to the Cure of Quartan Agues, I have no Experience, but I as verily believe, that ſuch a Quantity of cold Water, taken as I have directed, would in ſome Time cure the moſt obſtinate Quartan, as if I had ſeen it, tho' I cannot ſo poſitively aſſert it. And that there is nothing commonly known, that would

*So probably Quartan Agues.*

would do more good in this Case, or if it should fail of curing, do less hurt than this. Take it as often as you will, whether it work the Cure or not, I durst pawn all I am worth, it will do no Body any Harm; and that I may say it once for all, I believe it to be the most innocent, and yet most powerful Aperient, unless we may except *Mercury*, but infinitely safer than that. I insist much upon the Quantity, as well as Quality of Medicines, in this Case of opening Obstructions. It cools the Blood, promotes its Circulation; where it does not sweat, promotes insensible Perspiration, creeps by the Fineness of its Parts into the minute Vessels, and Capillary Arteries, cools and dilutes the Humours that beget Obstructions, imbibes and absorbs the noxious and tartarous Salts, that are apt to stagnate in the Capillary Vessels, and carries them out with it self by insensible Perspiration. But I have said enough, and some will think too much. I have nothing more to add, as to the Cure of Agues by Water; but that I believe, if the Patient would upon the well Days drink two or three Times a Glass of cold Water, or if he drank nothing but Water with a little *Canary* in it, it would further and speed the Cure; tho' I believe the Business may be done without that.

*The Author's Opinion that Water is a most powerful Aperient.*

*Drinking Water on the well Days good.*

I should here once for all put in this Caution, that in your taking Water to make you sweat in Fevers, when you begin to sweat you

*Leave off the Water when you sweat.*

you muſt leave off the Water. If the Quantity I preſcribe do not produce a Sweat, you may take more Water by ſmall Draughts without any danger. Tho' I never yet knew the Quantity I mention fail, unleſs the Fever be ſo ſlight as it would go off of it ſelf, and then there is no need of Sweating.

During the Sweat, 'tis convenient to give the Patient ſometimes a little thin Water-gruel, the thinner the better, and but juſt boil'd up once, for the more you boil it, the more viſcid you make it, and conſequently worſe for the Intention. *Give thin Water-gruel while you ſweat.*

And here I would give one Caution to thoſe that make uſe of the hot Sudoriſicks, ſuch as *Methridate*, *Venice-Treacle*, &c. I am bold to ſay, unleſs they purſue 'em with a good Quantity of innocent warm Liquids, they do more hurt than good in Fevers. *Innocent Liquids neceſſary with the hot Sudoriſicks.*

Sage Poſſet-Drink is commonly given in the Beginning of Fevers, by way of Refreſhment, and with the Intention of promoting Perſpiration. I am very well ſatisfied, neither that, or any other hot Herbs do it, unleſs given in ſuch a Quantity of Liquids, as to force a Sweat. All ſuch hot Things only heat the Blood, and dry up its *Serum*, and conſequently are ſo far from helping, that they hinder Perſpiration. I have the ſame Opinion of Sack-whey, as it is commonly given, ſo much of it and ſo often; and therefore were I to practiſe Phyſick, I would order the Milk to be *Without theſe, hot Things, i. e. potentially hot, bad in the Beginning of Fevers.*

be turned with Juice of Lemons, and a leſs Quantity of Sack. I know the Pretence is, that they are Cordial, that is the beſt Cordial that beſt promotes the natural Circulation of the Blood. And that may be a good Cordial for a Man that's well, that is not ſo for a Man in a Fever.

*Water good in Fevers with Eruptions.* I now proceed to communicate the Experience I have had of Water being good and uſeful in thoſe Fevers where there are Eruptions, ſuch as the *Scarlet Fever*, *Small Pox*, *Meaſles*, &c.

*Scarlet Fever.* As to the *Scarlet Fever*, the firſt Experiment I ever made of Water in Fevers was in this. When I had (as I have ſaid before) found that the drinking of Water, when I had the Jaundice, and a violent Cough, and (as there is always more or leſs) a Fever with it, gave me a gentle Sweat for ſeveral Mornings, I began to reaſon from that, and partly believed, that Water might be good in Fevers, and that if it would give a Sweat in the Beginning of a Fever, it might poſſibly take it off, as I found it had done the Fever that attended the Jaundice. And if ſo, might poſſibly not be attended with that Inconvenience, that I had often obſerved, proceeded from the common Sudorificks, that they not only were inſufficient, but often rather increaſed, than abated the Fever. However, I reſolved the firſt Opportunity I had in my Family (which I thought could not be long without offering it

ſelf

ſelf among nine or ten Children) to try an Experiment of it. About a Fortnight after coming down to Dinner, they told me one of my Daughters was not well, I found ſhe was in a Fever. I told her ſhe muſt eat nothing, ſent her up to Bed, carried her half a Pint of Water, and made her drink it, bad her not throw the Clothes off her. I came down and dined; and in leſs than half an Hour went up to her, and found her all over as red as Blood with the Scarlet Fever. She had it to an high Degree, I gave her little but Toaſt and Water, and Water-gruel at a due Diſtance. I am apt to ſuſpect, had ſhe been treated with the hot Regimen, ſhe would have been in great Danger. Three or four of my other Children fell ill of the ſame Diſtemper, but had it more gently. I treated them all after the ſame manner; they were well quickly, moſt or all of them before her that had it firſt: For ſhe was very ſeverely handled, and had not the morbifick Matter been driven out betimes, I am apt to believe, ſhe could not have lived three Days.

As to Miliary Fevers I have no Experience, nor did I ever ſee any one that had ſuch a Fever, as Sir *Richard Blackmore* deſcribes it to be: But by the Deſcription he gives of it, it ſeems to be a kind of imperfect Small Pox, as the Scarlet Fever may ſeem to be a leſs diſtinct ſort of Meaſles. He ſays ſome objected, they were the effect of the hot Regimen. *Miliary Fevers.*

But he ſays, he has ſeen 'em, *i. e.* the miliary Spots under the cool Regimen. Not unlikely, for I believe that Regimen would bring more of 'em out, and more kindly than the hot. As perhaps ſome may think, if they believe what I ſhall ſay of the Experience I have had of the Virtue of Water in the Small Pox.

*Small Pox.* I had a Daughter of my own, the laſt of my Children that had the Small Pox. She fell ill as I thought of a Fever, with pretty violent Symptoms. I treated her as I uſed to do in that Caſe, gave her in Bed a good Doſe of Water. I expected it ſhould make her ſweat; it did not, which I a little wonder'd at. However, I found in a little Time the Symptoms went off, and the Fever was much abated. I kept her to the cool Regimen; the fourth Day the Small Pox appeared. I kept her to the ſame Regimen, cauſed a thin Slice of Bread to be throughly toaſted, without burning it, as the Taverns generally do, put it hot into the Water, which makes a very pleaſant Liquor, almoſt of the Colour of Canary. This was generally her Ptiſan, and ſometimes for variety Small Beer with a Toaſt in it, and a little warmed. Tho' that but now and then, for Water is much better, and not half ſo apt to diſturb the Blood, and promotes Circulation and Perſpiration much better. At due Diſtance of Time, ſometimes Water-gruel, or ſome thin

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Water-pap, for a little Nouriſhment. I do not remember what Cordial we had, whether any or none. However, a little good Canary, or any other moderate Cordial is not hurtful, if given in ſuch a ſmall Quantity, as may a little warm the Stomach, without reaching ſo far as much to affect the Blood. The Small Pox came out very thick, but very diſtinct, and looked very well. I never in my Life ſaw any one that had more of 'em, more diſtinct, roſe higher, or looked better. She went on very well the whole Time, without any of the common dangerous Symptoms, had no Pain in her Head, no Tendency to a Delirium, nothing like a Coma, nor more Drowſineſs than any one might have, that lay in Bed. But that which I moſt wonder'd at, was that ſhe had no ſore Mouth, nor ſore Throat; that ſhe ſlept as well upon the Matter in the Night, as if ſhe had been well, and lay awake moſt Part of the Day. When the Time came that the Small Pox were to die away, as far as I could perceive ſhe had no ſecond Fever, nor was worſe than before, but only a little uneaſy from the Soreneſs. We did nothing at all to her Face. When the Scabs were off, there appeared no diſfiguring Seals nor Pits in her Face; and to this Day, unleſs you look very near, and almoſt on Purpoſe, you cannot ſee ſhe has had the Small Pox; thoſe Pits that are, are ſo little as not to be diſcern'd in

common Converſation. In ſhort, I do not remember, that ever I ſaw any one that had 'em worſe, that is more of 'em. I am ſure never any with ſo many, that had 'em better, and was better with them, and after 'em.

I confeſs I have no other Inſtance to give, this Daughter being the laſt of my Children that have had the Small Pox; the reſt, all but one, having had 'em, before I knew any Thing of this Method. And 'twas Labour loſt to perſwade any one to uſe this Method, it being ſo much out of the common Way.

*In Fevers with Eruptions the Fever to be quelled at firſt.*

Hence it appears, the Life of the Game in the Small Pox, and I believe in all other Fevers, that are to be attended with Eruptions, is to quell the Fever at the very firſt; which if it can be done, I dare almoſt ingage the Eruptions ſhall be kindly, and without any dangerous Symptoms attending them.

*Blooding, Vomiting, and Bliſtering will not do this ſo quickly and ſafely as cold Water.*

I boldly aſſert, that neither Blooding, Vomiting, Bliſtering, nor all together (tho' they may do ſome Good and no Hurt, but as they loſe Time) will ſo effectually do this, as plentiful Doſes of ſome innocent cooling Liquids; of which I have by long Experience found cold Water is the very beſt, and much better than either Sack-Whey, Small-Beer, or Small-Beer Poſſet-Drink (I ſay Small-Beer Poſſet-Drink, for that with Strong Beer is dangerous) or any other Liquid that I know of. If any one can find a better, they are welcome to uſe it.

But

But it may be ſaid, How ſhall we know when the Fever will be attended with Eruptions, Small Pox, &c? I anſwer, we cannot, and I think no Phyſician pretends to it, till they appear, but 'tis no Matter whether we can or no. Take the beſt Way to quell the Fever, and do that ſpeedily without loſing Time, and the Buſineſs will go on well. Do but bring the Blood as near as you can to its natural State of Circulation, and all will be well.

*None can know when the Fever will have Eruptions till they appear. Quell the Fever and all will be well.*

I find moſt Phyſicians that have wrote of thoſe Sort of Fevers, that are attended with Eruptions, have ran away with a Notion, that there muſt be a Sort of middle, or moderate Degree of the Fever, to bring out the morbifick Matter, and make the Eruption. And the Fever may be too low, as well as too high; too little as well as too much.

*Moſt think the Fever muſt bring out the Eruptions.*

And here I cannot except Dr. *Sydenham* himſelf, tho' the Notion be ſo contrary to, and inconſiſtent with his Hypotheſis, and his main Proceſs in curing acute Diſtempers, ſays he, *Nec nimis gliſcat, nec nimis torpeat.*

*Even Sydenham himſelf.*

The Fever muſt neither be too high nor too low, and to the ſame Purpoſe he ſpeaks in ſeveral Places of his Works. But he has in another Place dropt a great Truth not very conſiſtent with the other. *Quo ſedatior eſt Sanguis, eo melius erumpent Puſtulæ:* The calmer the Blood is, the better the Small Pox will come out. This is, I believe, as true as any

*This a Miſtake.*

N. B.

Apho-

Aphorism in *Hippocrates*. And may as truly be said of any other Fever, which requires Eruptions, as of the Small Pox. Those that are of the forementioned Opinion, may as well tell me, that Secretions are better made in a feverish, than in a healthful and natural State, when the great Difficulty in a Fever, is to bring the Blood to make its natural Secretions. Nay, any one may be easily convinced of the Falsity of this Notion, from common Observation. As for Instance, in the Small Pox; If the Patient have 'em badly, yet when they come out pretty well, the Fever is much lessened; and if he have 'em gently, none at all, till it may be he have a touch of it in their returning; and yet all the while they rise and ripen very well without the Fever.

*Reasons.*

*The Violence of the Fever hinders the Eruptions, and probably is the true Cause of the confluent Small Pox.*

I take this then for a certain Truth, that 'tis the violence of the Fever, where from the Nature of the Distemper there ought to be Eruptions, that either hinders them from coming out at all, and then nothing is to be expected but Death, or makes 'em come out unkindly, irregularly, or untimely, or with dangerous Symptoms.

Dr. *Sydenham* I think somewhere observes, if I do not misremember or mistake him, that none ever die of the Small Pox for want of their coming out at all. But I have known the contrary, some that have died the second or third Day, with little white Water Pimples all over them, which probably were to

*Some dye the 2d or 3d Day.*

be

be the Small Pox, becauſe they were then in the Family.

There is a Notion or two in Dr. *Sydenham*, that I can by no Means think right in the Management of the Small Pox.

*Two Things in Dr. Sydenham not approved.*

1. That he is for keeping his Patient out of Bed, except at the uſual Times, as long as he can poſſibly bear it, to the third, fourth, fifth, or ſixth Day. He thinks too much Heat is dangerous in the Small Pox, and ſo think I too. But the Patient may be kept cool enough in Bed, by not laying too many Covers upon him. And I cannot think, but the Small Pox will come out better with a conſtant mild Heat in Bed, than they will by ſitting by a Fire, where one Side burns, and the other ſtarves. But that is not all, the Circulation of the Blood will be much more eaſy in Bed, where the whole Blood circulates Horizontally, than ſitting up, where it muſt circulate Perpendicular upwards more or leſs, in many Parts of the Body, and conſequently the Blood will have a greater Force in Bed than up, to make the neceſſary Secretions, and drive out the morbifick Matter. And this Difficulty of Circulation upwards is the Reaſon why ſome weak People are almoſt always ſick for ſome Time after their riſing out of Bed.

*1. His keeping his Patient out of Bed too long.*

2. There is another Thing no better than this, his allowing his Patient to ſhift his Place in the Bed often, the Pretence for this is pre-

*2. His allowing him to ſhift his Place in the Bed often.*

preventing his being too hot. I cannot but think this dangerous, for if he catch Cold, as I think he certainly will, if he uſe it often; a greater and worſe Heat will follow; and tho' it may pleaſe, and make him eaſy a while, yet he will pay for it afterwards. I like well enough, as ſome adviſe, that the Windows ſhould be opened ſometimes to let in the freſh Air, which is certainly good for the Patient, and the People too, but Care ſhould be taken by ſhutting the Curtains on that Side, that it do not blow upon the Patient, while the Windows are open; but it is hard for People, Phyſicians, or others, to keep the due Mean, without running too far one Way or other.

*Freſh Air carefully let into the Room ſometimes good.*

*Water good in the Meaſles.*

I have Experience likewiſe, that the giving cold Water is as proper in the Meaſles, as it is in the Small Pox.

*An Inſtance.*

I had a Daughter fell ill, we thought it would be the Meaſles; I would have taken her under my Management. But a certain Perſon in my Family, that had a particular Intereſt in me, would not be perſwaded to it. We ſent therefore for an Antient Experienc'd Apothecary, who in thoſe common Caſes, muſt needs know what was commonly given by the beſt Doctors, with many of whom he was well acquainted, and had been long and often employ'd by them. He gave her ſeveral Things, what I do not remember, and came often to her. She continued very

very ill, for ſome Time after he came to her, one Night ſhe was ſo very ill, that my Wife would not truſt her with any Body, but ſat up her ſelf, with ſome Body to aſſiſt her. About three a Clock in the Morning, my Wife came to my Bed-ſide, and awaked me, and told me I muſt get up, my Daughter would be dead; I made what Haſte I could to her, I found her much worſe than my Wife was aware of, and by the beſt Judgment I could make, ſhe could not live in that Condition three Hours. We concluded to ſend for the Apothecary, but the Time being unſeaſonable to ſend for an old Man out of his Bed; and I believing, if we did ſend for him, he would give her nothing, but what was of the ſame Nature with what he had given her before without Succeſs; and beſides, we being afraid ſhe might be dead before he could come to her, I perſwaded my Wife to leave her to me, and to ſubmit to God's Providence, whatever might happen, and to go to Bed. I found ſhe was ſtruggling for Life, and looking on her Breaſt, I found the Meaſles were gone in, and were nothing but livid Spots, then I concluded her gone and paſt Recovery. I fetch'd up a Pint of cold Water, and a ſmall Wine-glaſs, I gave her a ſmall Glaſs of the Water, not daring to give her a large Draught, not knowing what might happen upon it. At the Diſtance of ſome Minutes a ſecond, and after ſome Time

a third, and a while after a fourth; I looked on her Breaſt before I gave her the fourth Glaſs, and found the Meaſles were come out again, and looked very red, and roſe as high as ever the Meaſles do. Before the Water ſhe breath'd with great Difficulty, and perfectly ſtruggled to get Breath, and was in a terrible dry Heat, and a kind of Agony. But before I had given her all the Water, ſhe breath'd with great Eaſe and Freedom; and ſoon after the fourth Glaſs of Water, ſhe fell into a quiet eaſy Sleep, ſlept four Hours or thereabout, waked pretty well, and never was in any Danger after, but was well in a little Time. By all which I conclude, that if I had given her cold Water in the Beginning of the Fever, ſhe would never have been in any Danger: And that the ſame plain Remedy might ſave ſome, when they are *in Extremis* in common Fevers without Eruptions, and do more to ſet the ſtagnating Blood a-float, and produce what is generally wanted in that Caſe, a kindly gentle Sweat, than the beſt Cordials that are commonly given; for in Fevers with Eruptions, the kindly coming out of them makes the Sweat needleſs.

*A Doſe of Water may recover ſome that are* in Extremis *in common Fevers.*

*Cold Water a good Cure for a Cold; and will certainly prevent a bad Cold from turning to a Fever: And if the Cold be ſuch as would turn to a Fever, will cauſe a Sweat though there be yet no Fever.*

I have had long Experience of curing common Colds with cold Water: I take a Cold to be a beginning Fever, or an Inclination to it, and we find by Experience, they

they often end in it. And theſe are Diſtempers no Body can be free from, tho' they ſhould ſit in a warm Chamber, by a good Fire, lapt warm, and take as much Care as poſſibly they can, for when there is a Plethora of Humours, Nature muſt find a Way to throw 'em off, or a Fever will enſue. There needs no Blooding, or violent Sweating, as is uſual with ſome People that are over careful of themſelves. Let 'em take but a Glaſs of Water when they go to Bed, and if they pleaſe another in the Night, and in the Morning: It will ſoon thicken, ſweeten, and digeſt that thin Rheum or ſharp and acid Lympha, that pricks the Lungs, and provokes violent Coughing, to no Purpoſe; for nothing can be brought up while the Rheum is ſo thin; and when that is done, when the Phlegm gathers in the Lungs, it will eaſily come up, and be expectorated without any Danger. I think ſome Phyſicians have recommended this with roaſted Apples, when we go to Bed. But this ſpoils the Medicine, the Apples do more hurt by increaſing the Acidity and Sharpneſs of the Rheum or Lympha, than the Water does good by ſweetning and digeſting it. We had a Lady in our Neighbourhood about twenty five Years ago, had a ſtubborn Cold; ſhe was adviſed either by her Phyſician, or ſome Body, to uſe cold Water with roaſted Apples. She uſed it a good while, and found no Be-

nefit. I met with her on ſome Occaſion, ſhe told me the Caſe, I adviſed her to leave the roaſted Apples, and uſe the Water as before. And as ſhe told me after, ſhe was eaſed of her Cold in a little Time.

*An Experiment of Colds.*

And now I am ſpeaking of Colds, I will mention an Experiment I made above fifty Years ago: At twenty one or twenty two Years of Age, I was in ſo bad a Conſumption, that Dr. *Charleton*, who was then at *Crewhall* in *Cheſhire*, and was my Phyſician, gave it out to ſome Acquaintance of his and mine, that he did not believe, notwithſtanding what he could do, I could live. I had Reaſon then to be jealous of Colds in that Condition, being uſed to cough with great Violence. I thought of it, and obſerved, that in all Colds ſome ſharp Rheum comes out by the Noſe, tho' the greater Part falls upon the Lungs. I reſolved to try, if I could bring more of that troubleſome ſharp Matter that Way, as thinking it was better to have a ſore Noſe, than ſore Lungs. The next Cold I had, I did nothing almoſt, but blow my Noſe as hard as I could, without bringing Blood, for a Day or two. I continued that Method for ſeveral Colds, and found it came more and more that Way, and ſtill leſs and leſs fell upon my Lungs. At length I found it had the Effect I deſigned, and now for above fifty Years, all Colds with me begin with a violent Flux of Rheum at my Noſe, without any Cough almoſt

at

at all; and by that Time the Flux that Way ceaſes, by taking Water as I ſaid before, the Rheum is ſo thickned, and the acid Lympha ſo ſweetned, and digeſted into a thick white Phlegm, that I hardly ever cough at all: And the Phlegm comes up when I do, with the greateſt Eaſe that can be deſired. I believe any one that uſes to be much affected with a violent Cold, and to cough violently, as many do, if they will take the ſame Method, it will have the ſame Effect, eſpecially if they be young as I was. If I had not happened to do ſo, I am afraid the bad Breach I have ſince had in my Lungs, would have been of worſe Conſequence than it was.

*Coughing up Blood cured by ſtewed Prunes.*

I cannot find a better Place to tell the World what cured (as I hope it did) the Breach in my Lungs: I cough'd up Blood and bloody Matter for ſix or ſeven Years; ſometimes more, ſometimes leſs, and chiefly in a Morning. As I cough'd more or leſs, I was better or worſe all that Day; when I was very bad, I found I could not walk in the Air up to the New River Head, but I ſhould cough up Blood immediately, ſo that I was confined wholly to walk into the Town. By which I gueſs the Country Air, eſpecially upon the higher Grounds, is as bad for ſome, as the Town Air is ſuppoſed to be for others, and particularly for Aſthma's. I told this to a reverend Doctor of my Acquaintance, that was very ill of an Aſthma, but he would

*Too ſharp an Air as well as too thick, bad for coughing Blood, and for Aſthma's.*

not

not believe me, but went to live at *Hamſted*, and immediately grew ſenſibly worſe and worſe, and in a Month's Time was forced to retire to the lower Grounds, and died immediately. This by the Way. For the coughing up Blood, I took all the Remedies that I could think of my ſelf, or be directed to by others. Particularly I took all the Balſams both Simple and Compound; and that not once or twice, but for a conſiderable Time; I found no Effect of any of 'em (not even Balm of *Gilead* it ſelf) but to clog and ſpoil a good Stomach. If I found my ſelf better by any Thing I took, it was by Flower of Sulphur, mix'd with old Conſerve of Roſes, but that was far from working the Cure. The laſt Thing I took was Dr. *Willis*'s Balſam of Sulphur, but that I thought did me rather hurt than good. So I was fully reſolved to take nothing more, but commit my ſelf to God, and prepare my ſelf for my latter End, which ſometimes, bad as I was, I thought could not be far off. I could make a ſhift, tho' with ſome Difficulty, to walk into the Town to a *Coffee-houſe*, and divert my ſelf with my Brethren of the Clergy an Hour or two. I came home one Night when I was very bad, my Wife asked me, whether I would eat any Supper, I ſaid no. Said ſhe, I have ſome ſtewed Prunes, you uſed to love thoſe; I conſented ſhe ſhould bring ſome of them; ſhe brought me a Pint Porringer half full. I eat 'em all

up,

up, I went to Bed, and in the Morning, whereas I uſed to cough up Blood and bloody Matter three or four Times (which made me very weak) that Morning I did not cough up any at all, nor indeed cough at all. I continued the ſame Quantity the next Night, and ſo on; how long I do not remember, and found my ſelf very well, and recovered my uſual Strength in a little Time. I had ſome Appearance of bloody Matter ſometimes for a Year or two after, but upon taking my Prunes, tho' but once, was very well.

*Several cured by this.*

I have told this to a great many People that cough'd up Blood, and to ſome that I never ſaw before nor ſince, I believe I have met with half a Dozen that have told me it cur'd them, and ſome I have heard of by others.

*The ſame the quickeſt Cure for a Cold and Cough.*

I will add but one Thing more, and that is, that I find by Experience, that taking ſtew'd Prunes in a Quantity, as I before mentioned I did, when you go to Bed, is the quickeſt Medicine for ſtopping a Cough, and taking off a Cold, that ever I met with, and quicker than cold Water it ſelf.

*What is the beſt Refreſhment after Labour, and to take off Wearineſs.*

I ſhall relate another little Story of my own Experience. I know ſome Readers will think, I am a little too full of my ſelf. That's no Matter, for all that, I will ſpeak what I think. When I was Curate for eight or ten Years in a great Pariſh, where I read Prayers, and preached twice in a great Church,

and

and to a great Congregation, and had often Buryings and Chriſtenings the ſame Evening; I was ſo ſpent and fatigued, that I very much wanted ſomething to refreſh me, and take off my Wearineſs. I try'd Canary, Malaga, and Tent for many Years, but found by long Experience, that if I took but little they did me no good, and if I drank much they did me hurt. I try'd ſtrong Ale warm'd, but found if I took a large Draught, I was too much heated, and worſe for it. I changed that for ſmall Beer well warm'd, and found I could drink a large Draught of that, and be more a great deal refreſhed, than by any of the forementioned ſtrong Liquors.

Since I knew ſomething of the uſe of Water, and my Lungs have been weaker than they formerly were, and eſpecially when I cough'd up Blood at Times for ſo many Years, I have tryed another Experiment of Water; I cut a large thin Slice of Bread, toaſted it carefully and throughly without burning, put it hot from the Fire in a Pint of cold Water, let it ſtand a while, and then ſet it on the Fire, till it was as hot as one would drink Tea. In that Time the Water will imbibe the Spirit of the toaſted Bread without looſing any of it, and then I drink three or four, five or ſix Diſhes, as I pleaſe, without Sugar. This will refreſh more, and take off any Fatigue or Wearineſs, ſooner than any ſtrong Wines, ſtrong Ale, ſmall Beer warmed, Coffee,

fee, or Tea (for I have tryed them all) or any other Liquor that I know of. I think by this any one may ſee, there cannot be given a more innocent, or a more refreſhing Liquor than Toaſt and Water in Fevers. If the Patient be in a dry Heat it may be given cold, if in a moiſt Heat and inclining to a breathing Sweat, it may be warmed to what Degree you pleaſe. And the Bread takes off the vomiting Quality of lukewarm Water. For People in Fevers ſtrong Liquors are too hot, Small Beer (unleſs very good, which is very rare) too foul, Poſſet-drink too windy. And, as I ſaid before, even Sack-whey is too hot to give ſo conſtantly, and ſo much of it, as is generally done in Fevers. Not but any of 'em may be given for Variety, which will be grateful to the Patient.

*Water with a Toaſt is the beſt Liquor in Fevers.*

From all this I form theſe Obſervations.

*Obſervations.*

1. That when Nature is fatigued by any ſort of Labour, the Blood heated, and its *Serum* too much dried up and ſpent, which does and muſt alter the natural Circulation, in this Caſe, if we have eat lately enough, Nature wants nothing but a good Doſe of the moſt innocent warm Liquids, to increaſe and promote Circulation. In that Caſe it's not ſo much the Quality, as the Quantity of the Liquid that gives the Refreſhment.

2. That when the Body is fatigued, it cannot bear so great a Quantity of hot spirituous Liquors, as when it is not, without receiving Harm. The Reason is plain, because they increase the Heat and Driness of the Blood, which was by the Fatigue too hot and dry before. This, as I said before, I have found to be true by long Experience. And this confirms an Observation I have made before, that it cannot be good to give Sage Posset-drink, *&c.* in the Beginning of Fevers, unless you give it in such a Quantity at once, as to force a Sweat, for they only heat the Blood, and dry up its *Serum*, and so not only do not help, but hinder both sensible and insensible Perspiration.

3. And this is obvious to every ones Observation; we find when we are in a Sweat, a Glass of Brandy, or a Glass of Sack, or any other spirituous Liquor will take off the Sweat, when a Draught of Small Beer, tho' warmed, will increase it, and if cold, perhaps throw us into a Fever.

N. B. 4. We may observe, what need People that value their Health have, to take Care how they govern themselves, when they are heated and fatigued by Labour, and either drink nothing at all, or innocent Things either actually or potentially hot.

The Want of due Care in this Case, has kill'd more than the Plague ever did, or ever will do.

I now come to acquaint the World with ſome Experience I have had in ſome other ſorts of Fevers.

1. As to the Quinſey or Swelling of the Throat in a Fever, I am very ſure, that a good Doſe of cold Water taken in Bed, if taken in Time, when firſt it begins to ſwell, will effectually prevent its going on. If it produce a kindly Sweat, it diverts the Humour another Way; if not, it ſo cools and dilutes the Blood, that it will not fall with ſuch Violence on the affected Part, nor be ſo apt to ſtagnate in the Paſſages, that before were partly obſtructed. *The Quinſey cured by Water.*

And here I would not have any think, that I mean any Thing againſt Blood-letting, in Caſes where the Blood and Humours fall with Violence on a particular Part; as in this Caſe, and that of the Pleuriſy, Peripneumony, Eriſipelas, *&c.* For if ever Blooding be proper by Way of Revulſion, it muſt be here. *Blood-letting good here.*

All I ſay is, that a Quinſey has been cured even without Blooding, and may again by cold Water, tho' perhaps better with it. But I am afraid truſting ſo much to Blooding, and almoſt deſpairing of any Thing elſe, has been the Occaſion of too many Miſcarriages in theſe acute Diſtempers. *But not to be truſted to.*

I have ſeen a Caſe of a Pleuriſy, which came from a terrible Fret and Vexation upon ſome unkind Uſage, that I am pretty ſure *An Inſtance.*

would never have been cured by Veneſection, tho' it was uſed to a great Quantity, if a great deal of cold Water had not been given with it.

*Dr. Sydenham orders the cool Regimen, and rightly, in theſe as in other Fevers.*

It's plain Dr. *Sydenham* preſcribes the ſame cool Regimen, in the Squinancy, Pleuriſy, Peripneumony or Inflammation of the Lungs, and Eriſipelas, as in other Fevers; and he is in the right of it. For, generally ſpeaking, the Fever is the Cauſe of the Quinſey, Pleuriſy, Peripneumony and Eriſipelas, and not the contrary, and they are moſtly but Symptoms of the Fever; and may very often depend upon the Diſpoſition of the Parts in particular Perſons, upon which the Blood and Humours fall in thoſe Diſtempers. However, if the Fever firſt cauſe the Pleuriſy, Peripneumony or Squinancy, each of thoſe will increaſe the Fever, and ſo they help one another.

*The Author believes cold Water will at leaſt help much to cure theſe Diſtempers, whether they be eſſential or only Symptomatical.*

I verily believe a plentiful Doſe of cold Water given in Bed, as ſoon as the Fever begins (if the Fever begin firſt) would either by diverting the Courſe of the Humours by Sweat, or leſs ſenſible Perſpiration, or by cooling the Blood, and leſſening the violent Motion of it, or by diluting the Blood, and making the Circulation of it more eaſy through the Parts where the Obſtructions in theſe Diſtempers lie, in a great Meaſure prevent the Diſtempers themſelves, and reduce 'em to the Nature of common Fevers. Or if theſe

theſe Diſtempers are eſſential (as they call it) and not only Symptomatical, if as ſoon as the Throat begins to ſwell, or the Pain in the left Side is felt, or the red Swelling appears in the Eriſipelas, or the Lungs are affected in the Peripneumony, a good Doſe (eſpecially if a double Doſe) of Water were given in Bed, it would prevent in a great Meaſure the Fever, and make thoſe Diſtempers eaſily curable. However, it would prevent any Abſceſſus or Empyema, much more Gangrenes and Polypus's, that are often found by Diſſection of thoſe that die of Pleuriſies or Peripneumonies, and the Mortification that often follows a violent Eriſipelas.

N. B. *Since this Book came out, a Gentleman told me, That upon reading the Book he cured himſelf of an Eriſipelas, or St. Anthony's Fire, by drinking cold Water in Bed.*

I have likewiſe had ſome Experience of Water, that I think plainly ſhews, it muſt be good in Aſthma's of any kind, whether Dyſpnœa's, thoſe more properly called Aſthma's, or ſuch a Degree of an Aſthma as is called Orthopnœa, where the Patient is in Danger of Suffocation if he lie down, or indeed in any Difficulty of Reſpiration, from whatever Cauſe it proceeds. *Water good in Aſthma's.*

If the Aſthma proceed from the Viſcidity or Sizineſs of the Blood, Water is very good to rectify that.

If it proceed from the Narrowneſs and Straightneſs of the Paſſages of the Lungs, or

a Want of due Elaſticity in the Arteries, Water muſt needs be good to reſtore 'em to their due Tone.

If it proceed from too great Abundance of an Acid Lympha, or Pituita, that ſtuffs and obſtructs the Veſſels of the Lungs, and hinders the *Veſicula* from duly expanding and ſubſiding in Reſpiration, provokes to Coughing, yet makes Expectoration difficult, the Experience I have that cold Water is the beſt Cure for Colds, and ſooneſt ſweetens and digeſts thoſe Humours into a thick, white, ſweet Phlegm, ſhews it muſt be proper in that Caſe.

If the Aſthma proceeds from the Drineſs, and, as I may ſay, Schirrouſneſs, of the more ſolid and fleſhy Parts of the Lungs, nothing, I think, can be better than Water, to moiſten and moſſify thoſe Schirroſities.

So that Water will be good both to make the Blood more fit to circulate in the narrow Veſſels, and the Arteries and narrow Canals more fit to receive and tranſmit the Blood.

If the Fault lies in any Out Parts, in the Diaphragm, Pleura, or the Muſcles of the Thorax, that ſtraighten and preſs too much upon, or do not give Way to the Lungs to expand themſelves in their Inſpiration: I do not know but Water may be a good Thing to bring them to their due Tone.

But you may ſay, Where is the Experience you talk of? I was juſt going to tell you. I have been a good Walker in my Time, and am ſtill pretty good for my Age. I have often walked Eight or Ten Miles to breakfaſt; and done it pretty much upon the Stretch. I have had the Curioſity to try ſeveral Sorts of Liquors before I ſet out, ſometimes Sack, ſometimes other Wine, ſometimes Ale, and ſometimes only Water. I find by plain Experience, that Water gives twice as good Breath for eaſy Walking, as either Wine or Ale. Now that that gives better Breath to a Man that has no Aſthma, may give better Breath to a Man that has an Aſthma; and ſo Water, for ought I can ſee, may, generally ſpeaking, be the beſt Drink for Aſthmatick People. At leaſt now and then to take a Draught of Water (and particularly when one goes to Bed, or to any Exerciſe) may be good for an Aſthma. I depend ſo much upon my frequent Experience in this Caſe, that if I were to walk for a Wager, my Antagoniſt might drink a Pint of Wine, if he pleaſed, but I would drink a Pint of Water.

*A Lady in my Neighbourhood, that has been bad of an Aſthma ſeveral Years, is much relieved by drinking Water in the Morning, and before ſhe goes to Bed; as has another young Gentlewoman been, as I am inform'd by a near Relation of her's, who has been under Difficulty of Breathing, whether from an Aſthma, or ſome other Cauſe, I know not.*

I have by long Experience found, that Water is the beſt Thing to cure a Surfeit, be it greater or leſs; and better, ſurer, and ſafer, than

*Cold Water good to cure a Surfeit.*

than any of the hot Surfeit Waters, that are commonly given in that Caſe. Better than Brandy, or any of thoſe ſpirituous Liquors that moſt People uſe, when they have taken a Surfeit. I confeſs thoſe hot ſpirituous Liquors will any Time cure a ſmall Surfeit; but if it be a bad Surfeit, I am afraid they rather increaſe than take it off, and ſometimes throw People into Fevers. The almoſt natural Conſequence of a bad Surfeit, if it be not taken off in Time, is a Fever. Now the drinking of Water prevents that, and gives Nature Time to throw off its Load; and is the beſt Thing to correct that Acidity that we plainly find when any Meat corrupts by lying too long in the Stomach. And therefore when I find any ſuch Thing in my ſelf; whereas I uſually drink an Half-Pint Glaſs of Water in a Morning, in Winter, as ſoon as I get up; and in Summer, if I riſe (as one often does) in a kind of Sweat, half an Hour after, when I am pretty cool; on ſuch Occaſions I only double or treble my Doſe of Water, and ſometimes more, 'till the Indiſpoſition goes off. And by this Method I ſeldom want a good Stomach to my Breakfaſt, and hardly ever yet wanted as good a Stomach to my Dinner as I uſed to have, though I have uſed this Method this twenty Years.

*Good for the Heart-burning.* I find likewiſe a Glaſs or two of cold Water is a good Thing to cure that Pain in the Stomach, that we call the Heart-burning, and

I think will cure it ſooner than Chalk, or any of the dry abſorbing Earths, tho' they are very good.

I think I am pretty ſure, that a good large Doſe of Water is very good to ſtop violent Vomiting. I mean ſuch Vomiting as comes of it ſelf, without Phyſick: Whether it be proper to be given when a Vomit proves too ſtrong, and works too much, I dare not ſay. The Reaſon I ſay ſo is, becauſe as often as I have uſed Water in the Beginning of Fevers, to make the Patient ſweat, though there was often a ſtrong Inclination to vomit, yet after taking the Water the Stomach was always very eaſy and quiet, without the leaſt Kecking, or Inclination to vomit.

*And to ſtop violent Vomiting.*

If I durſt, for being laugh'd at by the Phyſicians, and others, I would ſay here what I think of the Cure of the *Cholera Morbus*, by a good large Doſe of cold Water. If the Diſtemper, as it often is, be very violent, 'tis plain, Vomits, and Purges, and Aſtringents, and for ought I know, Opiates too, are dangerous, as well as inſufficient. If the Water put the Patient in a Sweat, for ought I know, it might be a Step to the Cure. However, I fancy it would ſtop the Vomiting, quiet the Humours perhaps better than Opiates, and by its Weight ſet Nature a working only downwards, which would be the eaſier and ſafer Way, and then other Methods might be uſed at Leiſure. But of this I know nothing, but

*And in the Author's Opinion to cure the* Cholera Morbus.

by Gueſs, and uncertain Reaſoning, in which I may eaſily be miſtaken, and ſo I will ſay no more of it.

*Cold Water a good Cure for the Cholick, and to take away the Cauſe of it.*

I am very well ſatisfied, partly from Experience, partly Reaſon, that cold Water is a very good Cure for the Cholick, and that it will not only cure a Fit, but take away the Cauſe of it too, which I am pretty well ſatisfied the hot Waters will not do. I have ſome Experience as to my ſelf. All the Time of my Life, till I knew the Uſe of Water, I was as frequently troubled with Fits of the Cholick as moſt People are. Tho' I thank God never in any dangerous Degree, but ſometimes troubleſome enough. Since I have drank more or leſs Water almoſt every Day, I do not remember, I have ever had one Touch of it. Or if I may have forgot my ſelf, it has been ſo very rarely, as not to be worth my Notice: I impute it to my drinking of Water, and verily believe I have Cauſe for it.

So far as to Experience. Now as to what I believe of the Cure: If any one that is troubled with a Fit of the Cholick, would drink a Quart of cold Water, and keep himſelf in a moving Poſture, now ſit, now lye, ſometimes on one Side, ſometimes on the other, lean forward, lean backward, tumble on a Bed, and if he can ſometimes ſtand on his Head; or if he can bear it, get into

*Since this Book came out, I am for a Certainty informed, That a Perſon of Quality taking Water in Bed for a Fit of the Cholick, it in a little Time took off the Fit, and threw the Humour out into a Raſh.*

into a Coach, and ride on the Stones, or get on Horſeback; the Water (as it is one of the beſt Things to diſpel Wind) would ſet the Periſtaltick Motion of the Bowels on work, ſo as to take off the Fit. I cannot ſay I have ever tried it, but am confident it would do the Work.

And as to the taking away the Cauſe of the Cholick, cold Water, eſpecially if we continue now and then a Draught of it, will ſo dilute, cool, and mollify the Humours in the Bowels, that they will eaſily go off with the Evacuations that Nature requires that Way. Whereas I believe the hot ſulphurous Waters, tho' they may do good while they are taking (as any hot Spirits may take off a Fit at preſent) will rather harden and bake thoſe Humours that too much adhere to the Bowels, and on all Occaſions will be apt to beget thoſe windy Vapours and Flatus's, that are the Cauſe of the Cholick, by ſtretching the Guts beyond their Tone, ſo that they cannot contract themſelves, and ſo weakening, if not deſtroying the Periſtaltick Motion. I add but one Thing, if this Method were taken, if it ſhould not work the Cure, it would do little Harm by ſwelling the Bowels, for it is a great Miſtake to think, that Water if ſeaſonably taken is apt to increaſe Wind.

*To cure Bleeding at the Noſe.*

Cold Water is a very good Thing to cure thoſe that are troubled with bleeding at the Noſe, as I can tell by my own good Experience; few were more troubled with it than

I was for above Forty Years, and ſometimes to great Quantities. But ſince I have drank every Day moſtly a good Glaſs of Water, I may truly ſay, I have loſt more Blood from my Lungs, than my Noſe.

*Good for the Stone, to prevent it, and to eaſe Pain.*

'Tis good for the Stone, tho' not to cure it, yet to prevent it, or to give ſome Eaſe in the Paroxyſms. I have been often told by an old Phyſician, who lived at *Mancheſter*, with whom I was well acquainted, and who was, when at *Cambridge*, ſadly troubled with the Stone, and had all the Advice that *Cambridge*, or perhaps *London* could then afford, that after all the Advice he had taken, he could never find any Thing he was adviſed to, gave him ſo much Eaſe under his Pain, as a good large Draught of cold Water. And I my ſelf was in my Youth before Twenty, ſo much troubled with Gravel, that I could not ſit two Hours at my Study without ſome Pain in my Kidneys. Which made me get a Convenience for ſtanding at my Study (which I would adviſe all young Students to do, they will find the Convenience of it) and have continued that Way ever ſince. I continued to be more or leſs troubled with Gravel and Pain, till within leſs than theſe Thirty Years. But ſince my Cuſtom of drinking Water more or leſs every Day, I have neither ſeen any Gravel, or indeed any Sediment in my Water, nor felt any Pain in thoſe Parts.

I have never had any Experience of curing Hectick's with cold Water, tho' *Galen* says, it may be done. And some other Physicians, if I do not misremember, have writ something to the same Purpose. But I have sometimes thought, that if Physicians would confine their Patients to drinking Water, with a Mixture of a little good Canary, or some other innocent Thing to qualify the Water, and leave 'em more at Liberty as to their Diet, to eat Flesh-meat, as well as other Things, so they be of easy Digestion, without confining them too strictly to the Milk Diet, it might do as well. For there may be Danger in the total Alteration of the Patients Diet, in those that have been used to live much upon Flesh, as well as in reducing them all at once from Wine or Ale to Water. I believe all sorts of Wine, not excepting Tent, and old Malaga, if taken in any Quantity, are bad in Hectick's. And a Patient may sometimes sink for Want of usual and sufficient Nourishment, as well as by the Heat and Drineſs of the Blood in an Hectick. And the Patient, if this Method were taken, might go on with his Asses or other Milk Morning and Evening, as well as not, and better than if he did not drink Water.

*And for Hectick's, if* Galen *say true.*

I have likewise Experience, that cold Water is very good in Rheumatisms. I have several Times, where a Fit of the Rheumatism has been coming on, kept it off, only by advi-

*'Tis very good in Rheumatisms.*

adviſing to drink half a Pint of cold Water, when the Patient went to Bed, and another in the Morning, without either Blooding or any Thing elſe. And as I remember, ſome Years ago, I adviſed ſome Body or other (tho' I do not remember who it was) to lie in Bed and drink Water, and it took the Fit off. I believe no Body denies, but the Rheumatiſm, and the Gout both, are a ſort of Fevers. The Rheumatiſm is but an imperfect and irregular Gout, and the Gout a more regular Rheumatiſm, that if it be kindly, comes to a Criſis, by throwing off the morbifick Matter upon the Parts moſt remote from the Heart, *i. e.* the Hands and Feet. And I believe, a regular Gout would cure the Rheumatiſm. Dr. *Brady*, in his Letter to Dr. *Sydenham*, queries, Whether there can be no better Way found to cure a Rheumatiſm, than that cruel one, as he calls it, of taking away ſo much Blood. Dr. *Sydenham* in his Anſwer, tells us, He cured one Mr. *Malthus* an Apothecary, by giving him great Quantities of Whey for three Days together, only he thinks this muſt not be done to old Men, leaſt it weaken 'em too much. I am fully ſatisfied, that Water would do as well, and much better, and weaken much leſs (if People could be brought to think, that cold Water is not a dangerous deadly Thing). For Whey is more apt to work by Stool than Perſpiration, which I think is not the beſt Way to cure the Rheumatiſm,

matiſm, or indeed generally ſpeaking, any ſort of Fevers. And there is nothing (at leaſt in my Judgment) that would more eaſily imbibe, abſorbe, and carry off either by Sweat or inſenſible Perſpiration, thoſe tartarous Salts that (if we believe the ingenious Dr. *Chene*, who has writ ſo well of the Gout) are the morbifick Matter of the Rheumatiſm and Gout. My Reaſon for what I ſay is not only (what is allowed by all) that Water is the beſt Imbiber and Diſſolver of Salts, but becauſe Water may be given innocently in a greater Quantity, than moſt other Things that may be thought proper in that Caſe, and conſequently may imbibe a greater Quantity of thoſe Salts before it be ſaturated with them, as we know Water will be with Salt. I might add beſide, the powerful opening of Obſtructions, for which I have ſaid before, I think Water, eſpecially if given in a conſiderable Quantity, as it may ſafely be, is one of the beſt Things that can be given.

*Good in the Gout.*

I no more doubt, that cold Water is very good in the Caſe of the Gout, which is ſo near a kin to the Rheumatiſm. Tho' I have no Experience of my own, I have an Authentick Story of the Gout being not only cured, but quite taken away, ſo as no more to return again; only by the Patient's taking to drink nothing but Water, and this told by one I can depend upon, who told me he knew it to be true.

*An Instance.*

A considerable Tradesman within the Bills of Mortality, had the Gout so often, and to such a Degree, that he had a Box of Chalk-stones of his own Growth. A Friend of his told him he could cure him, if he would take his Advice. He made him solemnly promise him to do it. He prescribed him to drink nothing but Water, and for some Time to put Garlick in it. Tho' I believe he might have used himself to drink only Water safe enough, without that nasty Root; he accustomed himself to drink nothing but Water. The Gout never came again. And he was in some Time as well as he was before he ever had the Gout, and as well as other People that never had it.

*Cold Water taken often in Bed, as good to keep the Gout out of the Stomach, and to drive it to the out Parts with less Pain, as the strongest Wines.*

The common Practice is, when People have the Gout so severely, that it falls upon the Stomach and Bowels, to take plentiful Doses of strong and generous Wines. 'Tis found by Experience, that this drives the Gout for the present from the Stomach to the extreme Parts. And it is worth while to do any Thing that will have this Effect, because if it once throughly seize those Parts, nothing but Death is to be expected in a little Time. But this certainly makes the Fit more severe and painful, tho' it takes it at present from the more noble Parts.

I am pretty well satisfied, that a good Dose of cold Water would have the same Effect without the forsaid Inconvenience, especially if taken often in Bed. It would imbibe those

those gouty Salts that disturb the Nerves and other Vessels, that are in the Coats of the Stomach, and that cause violent and dangerous Vomitings, Hiccups, and other dangerous and violent Symptoms, that may, if not prevented in Time, prove mortal to the Patient. It would (especially if taken in Bed) partly absorbe and evacuate by insensible Perspiration, a great Part of the goury Matter, and lodge the rest in the extreme Parts, sooner and safer, and with less Pain, than any of the hot Medicines will do. I speak this only by Way of Speculation, not that I suppose I shall be able to perswade any one to use this Method.

Those are generally most infested with this Distemper that feed high, drink much Wine, and use little Exercise; unless the Case be, that the Gout is Hereditary.

Now I am fully perswaded, if such Persons as I have just now spoke of, if they have not yet had the Gout, would fall to drinking Water in some moderate Quantity every Day, it would be a good Means to prevent their ever having it. Wholly to leave off Wine for those that have been used long to drink much of it, may be attended with some Danger, tho' perhaps not so great as some imagine. If those that have had the Gout, and cannot reasonably expect to be quite rid of the Inclination to it, would drink every Day some Quantity of Water, as

*To drink Water more or less every Day, a good Way to prevent having the Gout, or to make the Fits less frequent or painful.*

well as ſtronger Liquors, it would cauſe longer Intermiſſions, and eaſier and more regular, and leſs painful Fits when the Gout comes. And particularly, if after they have taken a Glaſs of Wine (I always ſuppoſe with Moderation) they would drink a Glaſs of Water, it would pack off thoſe tartarous Salts that, by the Wine ſtaying long in the Blood, are apt to gather more and more by Degrees, till there be ſuch a Stagnation of that morbifick Matter in the ſmall Canals, as makes a Fit of the Gout neceſſary, to preſerve the Body from more dangerous and mortal Diſtempers.

The Ground of my attributing as much to cold Water as to ſtrong Wine, to keep the Gout out of the Stomach, is the long Obſervation I have made, how effectual it is to keep the Stomach in order, to correct all billious, and dilute and digeſt all phlegmatick Humours, to diſpel Wind, and cure all ſuch noxious Acidities, as appear by the ſour Belches of a diſorder'd Stomach, and to keep the Stomach tight and ſtrong for its Operations. That in the Beginning of Fevers, tho' the Stomach before is uneaſy, and inclined to kecking and vomiting, upon taking a Doſe of cold Water it is ſoon quiet and undiſturbed, and Nature tends to what is, I believe, its regular Courſe and true Intention, whereby to eaſe it ſelf, gentle and eaſy Sweating. This is the Ground I go upon. As to what I have ſaid perhaps fooliſhly of the Gout, I

leave

leave the World to judge of it as they pleaſe.

I could carry this Speculation a great deal farther, if I would argue from the Experience I have my ſelf, or have cited from others, to Caſes that might ſeem parallel. But I chuſe to wave that, I think I have ſaid enough. Only I ſhall give a brief Account, what Diſtempers *Vander Heiden* ſays cold Water is good for, in his Book, *De ſero Lactis, Aqua frigida, & Acato.*

*What Diſeaſes* Vander Heiden *ſays cold Water is good for.*

He ſays, cold Water preſerves from the Gout, and will cure it, which will juſtify me, in what I have ſaid on that Head.

He ſays, that the Immerſion of the Hands and Feet in cold Water, does not repel the Humours, but cools 'em, ſoftens the Skin, and draws out the Vapours. Whence I conclude, it cannot be bad (if he judge right) to waſh (or dip) the Hands and Feet often gently in the Gout, and that, if that be carefully done, the goury Humour will more eaſily fly to that Part, where the Skin is thus mollified, the Capillary Arteries cooled and moiſtned, and conſequently made more eaſily open to evacuate the Humours.

He ſays, the *Dolor Iſchiadicus*, the *Sciatica* or Hip-gout, if taken at the Beginning, is cured in four or five Days, only by drinking cold Water. If this be true, I think it confirms what I have ſaid of the curing Rheumatiſms by cold Water, the Rheumatick Pain

in the Hip-joint being confeſſedly the hardeſt to come at of any Part of the Body.

He ſays, the Pain of the Stomach from Crudities, which is the ſame with what we call the Heart-burning, is cured by Water. This is what I have often tried, as I have ſaid above.

He ſays, 'tis good to give Eaſe in the Fits of the Stone, which you may ſee I have ſaid before.

He ſays, the Immerſion of the Hands and Feet in cold Water, when they are frozen and ſtarved, and periſhed almoſt with Cold, cures 'em.

Every Body almoſt knows this, that when the Hands are ſtarved with Cold, 'tis better to rub 'em with Snow, or waſh 'em with Water, than warm 'em by an hot Fire, which ſometimes will make the Blood ſtart through the Skin out of the Fingers.

He cites *Hippocrates*, as ſaying, *Aph. l.* 5. *Ap.* 24. That cold Water will cure the *Tetanus*, or that *Rigor* that ſometimes happens to the Muſcles, whereby the Body can neither bend forward nor backward. That I know nothing of, *Hippocrates* muſt anſwer for it.

He ſays, Paralytick Members may in a little Time be cured by the frequent waſhing with cold Water. I find Dr. *Pitcairne* recommends the ſame Thing in this Caſe. I ſuppoſe it may be good.

He ſays, Dipping the Head in Water, or Waſhing it with Water, cures the Head-Ach. This is a common Remedy.

He ſays, It gives Eaſe in the Pains of the Shoulders, Back, or Loins, and well it may, ſay I, if it will cure the *Sciatica*. I have long thought, tho' it is to no Purpoſe to go about to convince any Body of it, that when the Rheumatick Pains fix in any of the Out-Parts of the Body, to waſh thoſe Parts often with cold Water, would ſurer and ſooner take away the Pains, than to do it with *Brandy* or *Hungary* Water.

He ſays, to hold the Hands and Feet and Legs long in cold Water, will diſcuſs and diſperſe the Flatus's that cauſe the Cholick. If that be true, ſure drinking Water, as I have propoſed before, will much more ſurely and eaſily do it.

I know the World will expect ſomething of a *Rationale* of what I propoſe and aſſert: I ſhall therefore endeavour to prove theſe two Things.

1. That the beſt and ſureſt Way of curing Fevers, is by Sudorificks.

2. That plentiful Doſes of cooling Liquids, and particularly a good Doſe of cold Water, are the eaſieſt, the ſafeſt, and moſt effectual Way of promoting Perſpiration, and procuring kindly Sweats.

1. That the beſt and ſureſt Way of Curing Fevers, is by Sweating. Some ſeem to have

no

no great Opinion of Sweating, because *Hippocrates* and *Galen* say little of Sudorificks. Dr. *Friend* seems to be of this Mind, and says little is to be expected from 'em; and that when Physicians have used 'em, they are forced at last to come to Vomiting, Blooding, and Blistering, which should have been done at first. Dr. *Sydenham* cautions against Sudorificks throughout his Works, and imputes all the most dangerous Symptoms in Fevers to 'em, and says, If Fevers could be cured only by Sudorificks, any Body might be a Physician. Dr. *Harris* in his Book of the Plague, says, the Intention of Alexipharmicks is to promote Sweating, but they increase the Fever.

Others speak more favourably of the good Effect of Sudorificks in Fevers. *Van Helmont* laughs at any other Method of curing Fevers, but by Sudorificks. Dr. *Willis* does not seem to approve of Alexipharmicks, and Sudorificks, unless in malignant Fevers to resist the Poison and Malignity. Dr. *Cheyne* allows opening of the Glands of the whole Skin will be a better Evacuation by Sweating, and more likely to take off the Fever, than opening either the Glands of the Stomach only by Vomiting, or those of the Bowels by Purging.

But above all, Dr. *Pitcairne*, from the Observation of *Sanctorius*, concerning the Proportion of the Cuticular Evacuation by Perspiration to that by Stool and Urine, concludes, it is ten Times more easy and likely, on that

that Fevers may be taken off by Sweating, than any other Evacuation. As you may see deduced at large, *Opusc. p.* 126, &c. 'Tis needless to cite any more Authors: Upon what is said, I must make these two Observations.

1. That by Sudorificks, they mean those that have been commonly called Sudorificks, Alexipharmicks, Alexiterials, and Cardiacks, most of which are violently hot, tho' some more mild and moderate than others. I do not find, that Physicians have hitherto had any Notion of Sweating in Fevers, by plentiful Doses of cooling Liquids, and particularly Water. Which certainly may be safely given in the highest and most raging Fevers, and there needs no Cautioning against 'em. Or if any have had such a Notion, it hath not been communicated to the World, or at least not brought into Practice.

2. They allow Sudorificks with this Condition and Caution, that they be given after the Signs of Concoction of the morbifick Matter appear by the Urine, or some other Way: I might here cite many Authors, I believe almost all that have wrote, but I will mention only two. *The common Notion of Concoction disproved.*

Dr. *Sydenham* inculcates this Notion of Concoction in twenty Places of his Works, and says in one Place, that he believes, those that plead so much for curing Fevers with Sweating, mean only, that the Humours are to be thrown out after Concoction. Dr.

Dr. *Pitcairne*, who in his *Rationale*'s and other Theories has run counter to many Physicians, as appears every where in his Works, yet retains this Notion of Concoction, *Opusc. p.* 131. In this Place, says he, I mean that Sweating or Perspiration increased, that comes after the Humours are concocted.

I believe, Physicians have hardly been more mistaken in any one Thing, than this Notion of Concoction; and have hereby in Effect own'd, they can do nothing in Fevers when they have got Head (only watch over some violent and dangerous Symptoms) till they observe some Signs of it. That is, when Nature has in a Manner done its own Work, they can a little help it forward; and cure a Fever, when 'tis probable, it would cure it self without 'em. In the Cure of Wounds, or any Boils, or other Apostema's in the Out-Parts, we say the Humours are concocted, when the acrid Humours are so lenified by proper Applications, that there appears a kindly *Pus*.

In Colds (which often turn to Fevers) we say the acid Lympha is concocted, when it is turned either by Nature or Art to a sweet thick white Phlegm. I might give other Instances. I think I may say, there neither is, nor can be any such Concoction of the febrifick Matter in the Blood; for as it would totally stop the Circulation, so it's impossible such Matter should ever get through the Capillary Arteries,

ries, &c. ſo as to be carried off either by inſenſible or ſenſible Perſpiration. Dr. *Sydenham* ſays, Concoction is the Separation of the morbifick Matter from that which is ſound and healthful. If he means in the Blood, ſuch Separation would make the Matter worſe, and the Fever more dangerous. If he means that which is carried out of the Blood, where is his Notion of Concoction?

Dr. *Pitcairne* ſays, Concoction is the Comminution of the morbifick Matter into Parts ſo ſmall, that they may be fit to be evacuated by inſenſible or ſenſible Perſpiration. This is a likelier Account than the other. But ſtill this does not anſwer; for I believe, the morbifick Matter in the Blood, never is nor can be while it circulates in the Blood, ſo thick, or of ſuch groſs Parts, but they are fit enough to go out by Sweat, if the natural Secretion were not ſtopt by the Violence of the Fever, and the Blood ſo hot and dry, and ſo rarified, or (which is what they mean by Rarefaction) ſwell'd, that it cannot get through the Capillary Arteries, and conſequently the morbifick Matter cannot go out by Perſpiration. And all the while the Phyſician is waiting for the Signs of Concoction, the morbifick Matter is diſconcocting the Blood, and turning more and more of it to morbifick Matter; and very often thoſe Signs of Concoction never appear. All the Phyſician can do when the Fever has got Head, is as near as he can to ma-

nage the Matter ſo, that the Fever may not grow to too great an Height, but the Blood may by its Circulation throw off by Degrees the morbifick Matter, and be reduced to its natural State of Circulation.

*All potentially hot Things bad in Fevers. Innocent cooling Liquids the beſt.*

Now in Order to this, in the ſecond Place, I aſſert, that all hot Herbs and other Things, that heat and dry, and thereby ſpoil the natural Craſis of the Blood, and all hot Liquids, ſuch as Wine, ſtrong Ale, unleſs given in very ſmall Quantities, call 'em what ye will, Sudorificks, Cardiacks, Alexipharmicks, are ſo far from being uſeful in curing Fevers, that they are hurtful; and that there is no ſuch powerful and effectual Way to open the Glands of the Skin, and to make the Blood, in order to that, circulate freely thro' the Capillary Arteries, as to give in good Plenty, through the whole Courſe of the Fever, innocent cooling Liquids, and thereby to dilute and cool the Blood, and bring it as near as may be, to its natural Degree of Circulation. And if this can be done (which is all the Concoction I can think of) the Signs of this Concoction will in due Time appear; and if it cannot, 'tis in vain to look for 'em.

*Of Acids.*

And here it may not be amiſs, to ſay ſomething of Acids, which are generally preſcribed by all, and admired by ſome, not only in common Fevers, but in the Plague it ſelf. I confeſs, tho' I thought 'em before very good, ſince I have read ſomething lately of the

the Opinions of Physicians of the Cause of Fevers, I am a little stumbled. I find some tell me, that the honourable Mr. *Boyle* has proved there is no Acid in the Blood, nor in the Body in its natural Constitution. Dr. *Pitcairne* is so confident of this, that he plainly ridicules Dr. *Willis*'s Notion of Fermentation in the Blood, either like that of Wine and some other Liquors by Way of Depuration, or like that of Milk by Way of Coagulation. For he in effect says, all Fermentation is only a Scuffle between Alcali and Acid, which shall get the better. I find almost all Physicians that have wrote lately, lay the Fault in Fevers, upon some kind of Acrids or Acids, as I may perhaps have Occasion to shew more fully in another Place; notwithstanding this, they may do some good as Coolers, tho' perhaps none as Acids. However, no Body has yet adventured to give 'em in any great Quantity, and so, if they do no Good, they do no great Hurt. And if what Dr. *Pitcairne* says be true, that Acids turn Alcalies, when they are in the Blood, all is well enough. Else I should have feared, they could not be good in Fevers, if the peccant Matter in all Fevers be some kind of Acid or other.

*Of Juice of Lemons.*

The noblest Acid to be given in Fevers, I believe, is Juice of Lemons. When I had a Breach in my Lungs, I was for many Years together (even before it broke out, and made me cough up Blood) in that Condition, that

I could bear nothing Acid, neither *Port*, nor *French*, nor *Mountain* Wine, nor Juice of *Sevil* Orange, but I ſhould immediately feel a Pain in my Breaſt; nor could I bear any Thing potentially hot, not ſo much as one Diſh of Sage-Tea, but it affected me. But I could bear Juice of Lemon pretty well; by which I gueſs it gives leſs Diſturbance to the Blood than moſt other Acids, and therefore muſt (tho' more Acid to the Taſte) be more innocent in Fevers, than moſt other Acids are.

But it may be ſaid, you are mighty fond of Sweating in Fevers, do you allow no Place to Vomiting and Blooding in thoſe Diſtempers?

I never did, nor had Occaſion to try either of 'em, ſince I knew the Uſe of cold Water.

*Of Vomiting in Fevers.*

As to Vomiting, no doubt when Occaſion is, it may be very good. But I have always ſince I uſed Water in Fevers, found it needleſs. As ſoon almoſt as the Water is given, the Inclination to vomit is gone, and the Stomach is eaſy. All Phyſicians agree, it is good in the Beginning of Fevers, and particularly the Learned Dr. *Harris* eſteems it much in all Fevers, even in the Plague, as you may ſee in his late Latin Book of the Plague. But they as generally agree, that it muſt be gentle Vomiting, and early adminiſtred, elſe it gives great Diſturbance to the Blood, too much diſturbed already. There are a great many Caſes of Fevers, wherein the Stomach is but little concerned, and therefore

fore Vomiting cannot always be equally neceſſary. However, *fruſtra fit per Plura, quod poteſt fieri per Pauciora.*

I have had a Notion a great many Years (perhaps a ſilly one) that Blooding, as it is commonly uſed in Fevers, does neither much Good, nor much Hurt, ſtill allowing it to be good by Way of Revulſion in violent Hemorrhages, or in thoſe Fevers where the Blood and Humours fall with great Violence on a particular Part, as in the Pleuriſy, *&c.* *Of Blooding.*

I cannot come in with that Notion, tho' common, that moderate Blooding is ſo pernicious in intermitting, or in malignant Fevers.

Fevers are ſuch tickle Things, and the good or bad Succeſs the Phyſician has in the Cure of 'em, depends upon ſo many accidental Things, that I believe 'tis hard for the moſt judicious Phyſician, to make any well eſtabliſhed Obſervation, when Blooding (which is generally adminiſtred one of the firſt Things) does Good or Hurt, or whether it has any Influence at all in many Fevers.

I had once in my Family a very malignant Fever. Eleven of us were down, five were blooded, and ſix were not. I could not diſcern any Difference in thoſe that were or were not blooded. One Daughter died, but that was by Miſmanagement. Her Fever, as we thought, was perfectly gone off for two Days, and as I remember more, we thought

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she was in a Manner well. The Apothecary would needs give her the Bark, to prevent the Return of the Fever. She took it, and immediately fell ill again worse than ever, and in three or four Days died with something like a *Bubo* upon her. I am sorry to hear Physicians are so bold in giving the Bark in malignant Fevers, where there are the least Intermissions, or rather Remissions: But glad to see two such great Men, as Dr. *Sydenham*, and Dr. *Friend*, the one cautioning against the too long Use of it, the other against giving it at all in remitting Fevers. *Vid.* Dr. *Friend in Hip. de vulg.* p. 37.

Indeed my own loosing such considerable Quantities of Blood in my younger Days, and the many Stories we have in *Skenkius* and others, some of which are recited by Dr. *Keil*, convince me that a good Quantity of Blood may be lost, either by one that's sick or well, without any great harm.

But then on the other Hand, I can hardly believe, that the taking six or eight, or ten Ounces of Blood in the Beginning of a Fever, can do any great Good; not for voiding any morbifick Matter out of the Blood, for no more of that can come, than what is in that Blood that is let out. Not for promoting Circulation, for there is no Difficulty of Circulation in the Veins, but in the Arteries, from the Obstruction that generally is in Fevers, in the Capillary Arteries. Nor can it much

much affect the nervous Juice, the Stagnation and Acidities of which, as ſome think, are the Cauſe of all Fevers. All the Canals, eſpecially the Arteries and Veins, are Elaſtick, and will open or cloſe in ſome Meaſure, according to the Quantity of Liquids contained. So that, if the Blood be too hot, and thick, and dry, and rarified, or ſwell'd, as it will be by that Heat, the Circulation will be, I fear, much what as difficult as before.

The only ſure way to promote an eaſy Circulation of the Blood, is to alter the Blood it ſelf. The great Fault of the Blood in Fevers is, that it wants Serum (without a due Quantity of which there can be no eaſy Circulation) that being too much dried up and evaporated by the preternatural Motion and Heat of the Blood. There is no ſuch ready way to promote the eaſy Circulation of the Blood, as by innocent cooling Liquids (of which common Water I believe is the very beſt, as being nearer the Serum of the Blood than any other Liquid whatever) theſe will dilute the Blood, take off its Rareſcence or Rarefaction, and make it take up leſs Room in the Veſſels, cool and moiſten it, keep its other Contents and Principles, whatever they are, together in a due Mixture, and prevent any ſuch Separation of the due Mixture, or any ſuch Coagulation of its Parts, as tends to ſome kind of Mortification, as Sir *Rich. Blackmore* thinks, of the Parts of the Blood. Or

if

if there be any ſuch, will diſſolve 'em, and ſet them afloat again in the Blood. And the Blood thus diluted and cooled, will much more eaſily get through the Capillary Arteries, into the Glands of the Skin, and there either by inſenſible or ſenſible Perſpiration, diſcharge it ſelf of any noxious Particles, and either all at once, as I have often experienced, or by Degrees, take off the Fever.

I might here run through the whole Catalogue of Fevers, and the Cauſes (which are not a few) aſſigned by the moſt famous Phyſicians, both for Fevers in general, or where there is any Difference, for this or that particular ſort of Fever: And ſhew how I believe cold Water, if given early, and in ſufficient Quantity, and in Bed, would, if the Fever be violent, take it off by plentiful Sweating. If it be gentle, by cooling the Blood, and promoting inſenſible Perſpiration; or if they be Fevers, that muſt be attended with Eruptions, ſo leſſen and quell the Fever, that the Eruptions will generally come kindly out, and generally ſpeaking, without much Difficulty or Danger, according to Dr. *Sydenham*'s, I believe, very true Obſervation as to the Smal Pox, and which I believe will hold as to all Fevers with Eruptions.

N. B. *Quo ſedatior eſt Sanguis, eo melius erumpent Puſtulæ.*

Do

Do but quiet the Blood, and quell the Fever, and the Eruptions be of what kind they will, they will come out the eaſier, ſafer, and better for it. But to do this at large, would take up more Time and Room, than I am willing at preſent to allow, and it will be Time enough hereafter, if I be called upon to do it.

*Cold Water probably will cure the Plague.*

The only Thing I have now to do (and which is the main Deſign of theſe Papers) is to ſhew how probable I think it is, that if this Method were taken, as ſoon as the Plague ſeizes a Perſon, cold Water will cure it. And in order to that I ſhall proceed by theſe Steps.

1. To prove the Plague is a Fever. When I ſay the Plague is a Fever, I diſtinguiſh between the peſtiferous *Halitus*, either from the Air, or Perſons that have the Plague, and the Diſtemper that is cauſed by that; the firſt is not the Fever, but the Cauſe of it. Now I ſay, if the Infection be ſo ſtrong and malignant, that it immediately ſeizes and ſuffocates the Spirits, ſuch a Plague may be without a Fever. Or if it do the Work in a few Hours, the Patient is dead, before the Fever can ſhew it ſelf. But if Nature have Time to ſtruggle with the Diſtemper, it will produce a Fever, and the Plague, generally ſpeaking, may be ſaid to be a Fever.

Againſt this, ſome object, that Hiſtory informs of many, that have died of the Plague without any Signs of a Fever.

Sacred History indeed informs us of seventy Thousand in *David*'s Time, that died in three Days, and 'tis called a Pestilence; but it is likewise said to be immediately by the Hand of the destroying Angel, and so is nothing to the general Case of Plagues.

'Tis certainly true, that perhaps in all Plagues that ever were, some die very suddenly, but that will not affect the Point: For so some do in common malignant Fevers. I have known People die in a Day or two's Time of a malignant Fever, that is, in the very struggle of Nature to bring the Fever. So it's observed, that People that die of a Quartan Ague, always die in the cold Fit, in the Beginning of the Paroxism.

This then is not the Point, but whether History informs us of any Plague, where all that were infected and dy'd, did it without a Fever; I believe therefore, notwithstanding this Objection, that the Plague is a Fever, and that whenever there is a Plague, and it seizes a Person, if Nature be not oppress in the first On-set, or have Time to struggle with the Malignancy of the Infection, there will ensue a Fever.

I believe our Sweating-Sickness in *England*, tho' call'd by some modern Writers, a mild and moderate Plague, yet was one of the most grievous Plagues that ever was. Nothing could be more, than to seize it may be five Hundred in a Day, and to kill without Mercy

cy in Twenty four Hours, yet here there was plainly a Fever.

2. That the Plague is a Fever of the *continent*, or continued kind, not properly and ſtrictly ſpeaking *intermittent*. I ſuppoſe the Phyſicians call thoſe Fevers continual, when the feveriſh Diſpoſition is, during the Courſe of the Fever, always more or leſs upon the Patient. Thoſe properly intermittent, when during the Time of Intermiſſion, there appear no Signs at all of the Fever, but the Patient ſeems to be well, as in the Caſe of Tertian, Quartan, and perhaps ſometimes Quotidian Intermittents. I believe all Fevers, the *Synochus*, *Cauſus*, &c. as well as malignant Fevers, and ſo the Plague it ſelf, if they go their Courſe, have their Remiſſions, that is, ſome Times when the Fever is more violent, and when it is leſs. But ſtill they are called continual Fevers, becauſe the Fever never goes quite off. And ſuch a Fever is the Plague it ſelf, tho' the very worſt and moſt dangerous of 'em all.

3. The Plague is a Fever, where there is the greateſt Diſorder of the Spirits and nervous Juice, and the higheſt Putrefaction and Corruption of the Blood and Humours, more than there is perhaps in any other Fever. There is a great Diſpute among Phyſicians, whether the Nature of this Peſtilential Fever, do conſiſt in Putrefaction. *Fracaſtorius* defines it to be *Sordidiſſima Putrefactio*, the fouleſt Pu-

Putrefaction, and many side with him. Others think it ought rather to take its Denomination and Definition from that venomous or poisonous Infection, that is generally the Cause of it. I believe the Plague seldom comes from any Putrefaction or Corruption within the Body, that may come by Stagnation of the Blood and Humours, as its proper and principal Cause, tho' that may make some Bodies more apt to take Infection, either from the Air or infected Persons, than others, and make the Fever more violent and mortal. But 'tis certain, if it go on, and cannot be taken off in Time, it will be joyn'd with, and produce the highest and foulest Corruption or Putrefaction of the Blood and Humours, as appears from the malignant Spots, *Exanthemata*, *Carbuncles*, and *Buboes*, that usually accompany it.

4. And yet the Plague is not such a Fever, as absolutely, and universally requires any sort of Eruptions, as the Small Pox, Measles, Scarlet and Miliary Fevers do, or else Death will ensue. I find a late great Author, comparing the Plague with the Small Pox, seems to make at least Carbuncles and Buboes as essential to the Plague, as Pustules are to the Small Pox: For the *Petechiæ*, they are common in that which is called the spotted Fever. Carbuncles are sometimes seen in other high malignant Fevers, when there are no Plagues abroad. Buboes are nothing but

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a more malignant Boil before, or in the Plague, as a common Boil is a Bubo before or after a common Fever. Sometimes a Bubo comes out at the Beginning, and prevents the Plague: So often Boils do common Fevers. Sometimes a kindly Bubo takes off the Plague, and ſo Boils and other Abſceſſes do common Fevers; and when they come after a Fever, prevent its returning. But he ſays, when they do not appear without, they are in Diſſections found within. Not unlikely, for ſo the Small Pox, and I am apt to think the Meaſles too, the more unkindly they come out, the more they are within; and the *Parotides* appear in other high malignant Fevers. But all this is not to the Purpoſe. All Phyſicians that ever practiſed where the Plague was, tell us of many that have been cured of the Plague, and been reſtored to perfect Health, without any of theſe Signs and Symptoms, either before, in, or after the Plague. Now if the Gentlemen of this Opinion will bring me any Inſtance, either of their own Knowledge, or that they have heard or read of; that any in the Small Pox, Meaſles, Miliary or Scarlet Fever, have been cured and lived, when there were no Eruptions, I ſhall alter my Opinion. 'Till then I ſhall believe, that *Petechiæ*, *Exanthemata*, or little Puſtulous Swellings, Carbuncles, and Buboes, are not ſo eſſential to the Plague, as Puſtules and other Eruptions are to ſeveral Sorts of Fevers.

5. It

5. It is the most common Opinion of Physicians, that there is no Difference between other malignant Fevers and the Plague, but in Degree, in the Height of Infection, and greater Contagion or Aptitude to infect others; and they commonly make no other Distinction between them than this, that in other malignant Fevers more live than die, in the Plague more die than live. I do not remember one that I have seen upon this Occasion, either Antient or Modern, that says any Thing of this Matter, but is of this Opinion; and therefore it is perfectly needless to cite any Authorities for it. And all the Advice they pretend to give, as to the Cure of the Plague, is to apply those Things that have been found good in malignant Fevers, to the Cure of this worst of Fevers. And indeed our present Physicians have no other Way, for none of those learned Men here, that have lately wrote of the Plague, pretend to have seen a Plague, or practised where it was; and yet they think themselves sufficiently instructed, from their Books and the History of Plagues, to write about it; and if it should come here, to practise in the Cure of it, because they think it is no other than a malignant Fever in an higher Degree. I And I fully perswade my self, that if any of 'em knew any Thing that would certainly take off a malignant Fever, if they should have Occasion, they would apply it to the Cure of the Plague.

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I would only beg one Favour of 'em, that they would give me Leave to argue as they do. I have known, not once but often, that a good Dose of cold Water, given in Bed, in the Beginning of the most malignant Fevers we have had in *London*, this twenty five Years and upwards, have taken 'em off at once, by a plentiful Sweat. And therefore, if I were to practise Physick, I would if ever I had Occasion try it, and should hope to use it with Success in the Plague. But I proceed,

6. All Physicians confess, there is no Specifick yet found out, that will certainly take off and cure the Plague. And 'tis no great Wonder, when Dr. *Pitcairne* proposes it, as a *Desideratum* in Physick, to find out some Remedy, that would at once take off a Fever. *Etmuller* says, there is no Specifick, unless we may reckon dry'd Toad, or Camphire to be so. As to the first, *Van Helmont* seems to have an Opinion of it: And says, he learnt it of one *Butler*, an *Irish* Physician, who pretended to have cured many with it. But he could not throughly learn the Secret, because the Man was banished soon after. I suppose this Remedy has been used so seldom, that if any that used it, either escaped the Plague, or did well with it, presently this was the Cause, tho' it might be purely accidental; for as bad a Distemper as the Plague is, some will escape having it, and some would escape when they have it, tho' they should do nothing either

to

to prevent or cure it. Not to ſay, that one would think, when the Toad lies ſo near the Heart, the Heart ſhould be likelier to attract the poiſonous Particles from the Toad, than the Toad from the Heart.

As to Camphire, tho' it is mightily extoll'd as a moſt powerful Diaphoretick, yet I never find it preſcribed alone, either in the Plague, or any other Fevers. And if it is of ſo piercing and ſearching a Nature, as thoſe that write of Simples aſſert, that it will diffuſe it ſelf, even through the ſolid Parts, as ſoon as it is warmed by the Stomach, I ſhould think it were as good let alone as taken inwardly. And that it cannot be ſuch a powerful Diaphoretick as is pretended, unleſs ſeconded with great Plenty of Liquids, which perhaps would do the Work without it. It enters indeed the Compoſition of moſt Antidotes, but when it is buried among ſuch a vaſt Number of other Simples and Compounds, as in that famous and admired Antidote of *Matthiolus*, where there are above ſixſcore Ingredients, it can neither do Good nor Hurt. By the Way, I think it is beyond the Capacity of any Phyſician, with Judgment to compound a Medicine, of ſuch a vaſt Number of Ingredients, to ſerve any Intention in Phyſick whatever. This by the Way. Sir *Rich. Blackmore* ſays, he could never find any great Effect of Camphire, but that it is offenſive to the Stomach, as moſt Balſams and Balſamick Gums are. I find

find also the greater Celandine much commended. *Hippocrates* used Ivy-berries, as also Sulphur. If Sulphur be good, I should think either *Gas* of Sulphur, or Flower of Sulphur boiled in Water should be the best Way of taking it. The latter of which I have heard will cure the most obstinate Itch, without any outward Application. Whether any of these may deserve the Name of Specificks, I cannot tell. *Van Helmont* brags much of his *Mercurius Diaphoreticus*, and his *Arcanum Corrallinum*; but he keeps 'em *Arcana*, for I do not find he has told us how to make 'em.

7. Sudorificks are looked upon by some of the best Physicians, as the safest, the quickest, and most proper Cure for the Plague.

I will begin with *Diemerbroek*, who is supposed by many to have wrote the largest, and best of the Plague.

I cite the Folio Edition with his Anatomy. *Lib.* 3. *Cap.* 6. He tells you, what his Custom and Method was. In the first, second or third Day, he gave 'em Sudorificks; if they vomited 'em up, he repeated 'em. If they were hard to sweat, he put more Covers upon 'em. If yet the Fever increased, he repeated his Sudorifick the second or third Time, nay, even sometimes to the fourth or fifth Time. This Method shows, what Opinion he had of Sweating in the Plague.

*Lib.* 2. *Cap.* 8. He approves of Iſſues, and ſays he had known many, that finding by their Iſſues they had taken Infection, took a Sweat ſpeedily, and were preſently well.

*Page* 164. He ſays, he found by Experience, confirmed by infinite Examples, that a very great Number had been cured by Sweating, and very few any other Way.

*Lib.* 1. *Cap.* 14. That he had known ſome, that by one good luſty Sweat, had been ſo recovered, that there remained no Footſteps of the Diſeaſe, and that this had often happened in the Plague of *Nimmeguen*.

Notwithſtanding that old Obſervation, that Sweating is dangerous in Fevers before the Humours are concocted, he gives his Sudorificks in the very Beginning of the Diſtemper; and ſays, the Diſeaſe makes ſuch a ſwift Progreſs, that you muſt help the Patient ſpeedily, or all Remedies will be in vain. That if the Patients took Sudorifick Antidotes, in the very Beginning of the Diſeaſe, many recovered, but if they paſt that Time, they were in great Danger. He owns the common Notion of Concoction in other Fevers, where the Diſeaſe depends upon the Humours, but not in the Plague, that comes from Infection. Tho' he needed not ſo have allowed that Exception, for I am ſure by Experience, that Sweating is as good in all Fevers, where there are not to be Eruptions, as he thinks juſtly it is in the Plague. He owns, *Page* 167. that

he was careful not to give the very hot Sudorificks, or if he did, to mix 'em with some cooling Things, as Vinegar or Citron Juice, *&c.*

I shall add a Passage or two out of *Sennertus*, to the same Purpose, *Sennertus, Lugd. Vol.* 2. 1656.

*Page* 888. I am altogether of the Opinion, that many that die of the Plague might have been saved, if they had used the Medicines that are necessary in Time, and repeated 'em as often as was needful. For as soon as any one finds any Token of Infection, he ought presently, and without any Delay, to take Alexipharmicks, and sweat, and to repeat 'em even thrice in the Space of one Day.

And *Page* 817. The safest Way of curing the Plague is in short this.

If the Plague shall seize any one (first imploring the Help of God) he is presently to fly to Alexipharmicks, and Sudorificks; nor is the Cure by any Means to be defer'd. And I believe, the Reason why so many die of the Plague is, because they mostly are too backward to use Alexipharmicks. And that many might be saved, if they did take them sooner, before the Poison begins to corrupt the Humours. I have often observed here in Time of Plagues, that some when they found themselves infected, taking Alexipharmicks speedily, composed themselves to sweat, and after that felt no Hurt, but the next Day returned to their Business. And on the contrary, if

the Cure were delayed but eight or twelve Hours, before they took the Sudorificks, ſcarce one of an Hundred recovered.

Here you may ſee what an Opinion *Sennertus* had of Sweating in the Plague, and of doing it as ſpeedily as poſſible in the Beginning of the Diſtemper. I might add other Authorities, but theſe are enough. *Vide Sydenham, de Peſte.*

8. The hot Sudorificks, or Alexipharmicks (which are all one) are dangerous in the Plague, as well as other Fevers, if not ſparingly and diſcreetly adminiſtred. Nay, indeed, they muſt be more dangerous in the Plague, than other Fevers. There is probably the higheſt Inflammation in that of any Fever, and conſequently hot Medicines muſt be more dangerous in that, than any other. I find indeed ſome great Men are attached to the old Notion, of giving the ſtrongeſt Cardiacks, and the hotteſt Alexipharmicks, in malignant Fevers. And the more malignant the Fever is, the more ſtrong Medicines muſt be given, and conſequently the ſtrongeſt of all in the Plague. But the Generality, as far as I can ſee, ſeem to be come off that Notion, and ſeem rather willing to part with the Alexipharmicks, and venture the Poiſon, than to uſe the Sudorificks, and increaſe the Fever, which is the Effect of the venomous Infection. The Truth is, the hot Sudorificks, if given in the Beginning, while Nature is

ſtrong, and the Blood not much corrupted, and if given in ſuch a Quantity, and with ſuch Management, as to force a plentiful Sweat, they may leſſen, or it may be, take off the Fever, but if they fail of Sweating, as they often do, or put Nature to too much Streſs, they muſt do a great deal of Harm. *Diemerbroek*, as I noted before, owns he durſt not give the hotter Sort of Alexipharmicks, without mixing ſome cooling Things with 'em; ſo that according to the now almoſt common Notion of the Neceſſity of quelling the Poiſon, and yet, at the ſame Time, the Danger of increaſing the Fever, the Phyſician muſt often be in a Quandary how to proceed, and what to do.

If therefore there could be any Thing found out that would produce a plentiful and kindly Sweat in the Beginning of a Fever, without increaſing it before it produce the Sweat, it would certainly ſave the Phyſician of that Dilemma, either to neglect the Poiſon, or increaſe the Fever.

This I boldly aſſert cold Water will do in the Beginning of any Fever, that is not neceſſarily and univerſally attended with Eruptions (I really believe in the Plague it ſelf) and will give as plentiful, and a much more eaſy Sweat than any of the hot Sudorificks will do, and be ſo far from increaſing the Fever before, or during the Sweat, that it will calm the Fever, and quiet the Blood to that Degree,

Degree, that one would ſcarce believe the Patient had a Fever. And in thoſe Fevers that are always attended with Eruptions or Death, as the Small Pox, *&c.* it will ſo reduce and moderate the Fever, that the Eruptions will be much more eaſy and kindly than elſe they would be.

But it may be ſaid, muſt we take no Care of the Poiſon, or the venomous Particles that have infected the Spirits, or the Blood, and Humours, and cauſed the Fever? Muſt we part with thoſe Alexipharmicks, that all the World for theſe 1500 Years has believed ſo contrary to the Venom and Poiſon that is ſuppoſed to be the Cauſe of malignant Fevers, and particularly of the Plague? In anſwer to this I ſhall advance,

9. That the ſame medicinal Proceſs which cures the Fever, and carries off the morbifick Matter, will carry off the Poiſon and Venom too that was the Cauſe of it. To be ſure the Poiſon or venemous Vapor or *Halitus* brought the Fever, by mixing with the nervous Juice the Blood and Humours, and corrupting them. When therefore the vitious Particles of theſe are carried off by a kindly and plentiful Sweat, the Poiſon or Venom, of whatever kind it be, muſt go along with them; and Nature, with the Help of Art, carries off the Effect and the Cauſe together: And indeed, it ſeems impoſſible it ſhould be otherwiſe. I believe thoſe hot Medicines, whether Simple or Compound,

quell

quell the Poiſon, as they cure the Fever, not by any Specifick Quality of reſiſting Poiſon, but by forcing a Sweat, that by Degrees evacuates the morbifick Matter of the Fever, and the Poiſon together.

I cannot ſee that any Phyſician dare determine what, or of what kind the malignant Venom in the Plague is, or what kind of Poiſon is neareſt a-kin to it, whether the Animal, the Vegetable, or Mineral Poiſons, tho' I think the Mineral has the faireſt Pretence, becauſe we ſee People are ſuffocated by ſuch ſort of Vapors, as they are ſometimes in the Plague when the Infection is ſtrong; this probably is the Caſe in Infection from the Air, tho' not when it comes from infected Bodies.

Therefore tho' the World may have ſome Experience of ſome Things that may be looked on as Specificks, for the reſiſting of ſome ſorts of Poiſons, as that of the Viper, or Aſp, or Scorpion, or as we know, the Bite or Sting of the Tarantula, is cured by ſome Strains of Muſick, and violent Dancing upon it; yet being we know not what ſort of Poiſon that is that cauſes the Plague, we cannot with any Certainty apply ſuch ſorts of Antidotes for the Cure of the Plague. And we can have no ſort of Aſſurance, that ſuch Things as may be by Experience found good for the reſiſting and quelling the Force of ſome ſorts of Poiſons, are good for the reſiſting the Poiſon that cauſes the Plague, any further

than

than as they are Sudorificks, and by kindly Sweating, or by insensible Perspiration, carry off the Fever, and the malignant Particles that were the Cause of it together. Nor is it very likely, that such violent hot Antidotes as we are sure increase the Fever, which is the natural Consequence of the Infection in the Plague, whether from the Air or other Contagion, should do much to quell the Malignity, but rather increase its virulent Activity.

But if Water given in Time, and in good Quantity, and in Bed, will cause a plentiful Sweat, and take off in a great Measure the Fever, 'tis not improbable it will likewise, at the same Time, imbibe and absorbe those noxious Particles of Matter that caused the Fever, (be of what kind they will) and carry them off together with the morbifick Matter of the Fever more easily, and do more to quell their Violence and Activity, than any of the common Alexipharmicks and Sudorificks will do.

And therefore I cannot see any Reason, why Physicians should (as they generally do) so nicely distinguish between the Fever and the Malignity in the Plague, when they know so little in what kind of Poison the Malignity of the Plague consists; and consequently, must with great Uncertainty apply those Antidotes (if any such there be) that are by Experience found to be good against some sorts

of

of Poisons, to the Cure of the Malignity of the Plague.

But the World has for many Hundred Years been led away with an Opinion, that only hot Medicines are Sudorificks, and have known little or nothing, as far as I can find, of procuring a kindly, easy, and plentiful Sweat, by a good Dose of innocent Liquids, and particularly by cold Water given in Bed, which I have, by long Experience, found to be the very best way to do it.

10. I assert, that cold Water, which may be given in a large Quantity, (if it will procure a safe, easy, and plentiful Sweat, as I know it will) is more likely to imbibe and absorbe those noxious and poisonous Particles that cause the Fever; and by cooling and diluting the Blood, and making it fit to pass easier through the Capillary Arteries, and so to open the Glands of the Skin, to carry off not only the morbifick Matter, and corrupt, vitiated and putrify'd Humours of the Blood, and to correct the too much Viscidity of the nervous Juice, but even the Poison it self, than any of the common hot Sudorificks; most of which can be given safely only in a small Quantity, and unless they be seconded with Plenty of innocent Liquids, must only heat, disorder, and corrupt the Blood; and make the Fever worse, and the poisonous Particles more virulent, and consequently very often do more hurt than good. The Ingenious Dr. *Chene*

has a Notion, that it is dangerous, or at leaſt to little Purpoſe, to ſweat in the Beginning of Fevers, becauſe when the Glands are obſtructed, the Arteries (at leaſt the Capillary ones) are ſo too, and that theſe Obſtructions cannot be deobſtructed all at once, but the Obſtructions muſt be waſh'd away by Degrees, and by little and little. But under Correction, I will make bold to ſay, the hot Sudorificks will never do this in Fevers, but obſtruct 'em more and more by heating the Blood, making it more viſcid, drying up, and evaporating its Serum, and unfitting it for that free and eaſy Circulation that muſt do the Work. This will certainly be the Caſe, except they be given in ſuch a Quantity, and under ſuch Regimen as will force the Sweat all at once; and this, I ſay, may be done ſooner, and ſafer, and eaſier, by a Doſe of cold Water, than by any of the hot Sudorificks.

II. I aſſert, that the eaſieſt and ſafeſt Way to take off the Plague, as well as other Fevers, not only is by Sweating (as I have proved before is the Opinion of ſome of the beſt Phyſicians) but by doing it ſpeedily, and in the Beginning, before the violent Infection, the poiſonous Vapour and *Halitus*, the contagious Particles, be what they will, have too much diſturb'd the Nervous Juice, or Animal Spirits, or corrupted the Blood, and other Juices of the Body.

And this I ſtick to, notwithſtanding the too common Notion of the Neceſſity of Concoction of the Morbifick Matter, before it can be evacuated by ſenſible or inſenſible Perſpiration.

And this is more neceſſary in this than any other Fever, becauſe it makes the ſwifteſt Progreſs in diſordering the Spirits, and corrupting, or putrifying the Blood and Humours, and ſomething muſt be done ſpeedily or not at all, as many of the beſt Phyſicians tell us, *Diemerbroek*, *Sennertus*, *&c.* as I have proved before.

And perhaps if a right Method were taken as ſoon as ever the Plague ſeizes a Perſon, it might be eaſier done in this, than almoſt any other Fevers, that more proceed from, and depend upon the corrupt Humours of the Body; for it's plain, if the Infection be ſtrong and violent, the Plague may ſeize the moſt healthful Man in the World, and if any Way could be found to imbibe, abſorbe, kill, and carry off thoſe noxious and venemous Particles, at the very firſt, before they have too much ſeized the Spirits, and corrupted the Blood and Humours, the Plague might as eaſily be cured, as any other Fever, and perhaps ſooner than moſt of 'em. Both *Diemerbroek* and *Sennertus* tell us, they have known many, that by taking an early and plentiful Sweat, have been perfectly well, and the next Day gone about their Buſineſs. And it was ſo in our Sweating-Sickneſs; at the firſt they

were dead in twenty four Hours, and hardly any recovered; but after they had found the right way of treating the Patients, *i. e.* encouraging that Sweat that the Violence of the Fever had forced Nature into, hardly any died of it, but were well in as little Time as others were dead before.

12. I have long experienc'd, that a Dose of cold Water given in Time, and in Bed, will in the most malignant Fevers that commonly happen, procure such a plentiful Sweat, as will take off the Fever at once, and I have Reason to believe, that if a Person, as soon as ever the Plague seizes him, would go to Bed and take a plentiful Dose of cold Water, it would have the same Effect as I know it has in other Fevers, and might be much more safely given than any of the hot Alexipharmicks and Sudorificks. And I verily believe, if this Method were taken, there seldom, if ever, would appear, either Spots or pustulous Swellings, or Carbuncles; and if the morbifick Matter were not thoroughly carry'd off by such a Sweat, as I am pretty sure would follow, this Method would much better promote such a kindly Bubo in some glandulous Part or other, as would carry off the Relicks of the contagious and pestilent Fever. We may see the Power of Water to carry off any feverish Heat in the Blood, by the Effect that drinking the Waters has upon many People, that it pimples or flushes their Faces, and per-

perhaps some other Parts, if they did but observe it. When it does so, they many Times leave 'em off, but I rather think, they ought to keep on drinking 'em; for such Pimples will soon be gone, when the Water has cool'd and clear'd their Blood.

Those Physicians that write of the Plague, prescribe only those Things they have found good in common malignant Fevers, because they generally look on the Plague, only as a malignant Fever in an higher Degree. And why may not I argue the same Way, that Water will take off the Plague, as I know it does other malignant Fevers.

I have no Experience my self (and wish I never may) of the Truth of what I believe, that Water will cure the Plague, as well as other malignant Fevers. But I have one or two Matters of Fact, that I believe to be true, upon the Report of credible Persons. *Two Instances of Water curing the Plague.*

The ingenious Free-Thinker has furnish'd us with one, which I suppose he has good Authority for, of an old Man and his Wife, that were left in the last Plague, in a Gentleman's House, who was fled into the Country. The Woman fell ill of the Plague. She found her self in a terrible Heat. Nothing would serve her, but her Husband must fetch her a Pitcher of Water from *Lamb*'s Conduit. She drank plentifully of it, but exposed her self to the Cold, which she should not have done, but kept her self warm to sweat; the not doing

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ing of which was fatal to Thousands in the Beginning of our Sweating-Sickness. However, she was cured. Her Husband too was seized, used the same Means, and recovered likewise. *Probatum est*, *Lamb*'s Conduit Water will cure the Plague. *Quære*, Whether there may not be other Water that will do so too?

I have another Story from a Gentleman very learned in *Arabick*, and other *Eastern* Languages. He was formerly Resident for the King of *England* at *Morocco*. He tells me, that in his younger Days, when he was one of the Factors at that Place, he himself fell ill of the Plague. One of his Brother-Factors took Care of him, and gave him a Dose of Rumm, (I think he said) or some other of the hot spirituous Liquors. He left a Jew to attend him, with a strict Charge not to give him any Thing, but what he had order'd. The Patient found himself in a violent Heat, without any Sweat at all. He begg'd of the Jew, to bring him some cold Water. The Jew told him, he durst not do it. However for a Fee of two or three Ducates, he was perswaded to do it. Having drank the Water, he composed himself, and soon fell into a violent Sweat. He felt a pricking Pain in his Arm-pit, which was the Beginning of a Bubo. He avoided taking the prescribed Doses all the next Day, but at Night his Friend came to him, and forced him to take another Dose of Rumm. That took off his Sweat, and his

Heat

Heat returned, and his Bubo went off. For another Ducate he got some more Water, his Sweat returned; after that he prevailed with the Jew to throw all his hot Doses away; he recovered, and with due Regimen after, was very well.

*An Instance of Water given in a Fever.*

The same learned Gentleman has told me another Story very remarkable. He himself was formerly Secretary to one of our Ambassadors at *Madrid*. The Ambassador fell ill of a Fever (I suppose one of those raging Fevers they call Calentures) he took the Advice of the best Physicians that were there to be had, and was under the common Regimen used by the Physicians of that Country. The Secretary lay in the next Room to his Excellency. He hearing some Noise in the Night, got up to see what was the Matter. He found his Excellency sitting in the coolest Room he had in his Apartment, bare foot, and in nothing but his Shift. The Secretary begg'd of his Excellency to go to Bed. He said, he could not possibly bear lying in Bed. But if he would bring him a good Draught of cold Water, he would go to Bed, and try. The Attendants were asleep. They let them sleep on. The Secretary brought his Excellency some Water; he drank it, went to Bed and slept very well the rest of the Night, and did very well. This confirms what I have by long Experience found, that a good Draught of cold Water, taken when one goes to Bed,

will give a more kindly, easy, quiet, and undreaming Sleep, than the largest Dose that any Physician dares give of Liquid *Laudanum*, or any other Opiate. And if Water, and other cooling Liquids were more given in Fevers, the Patient would have but little need of being dozed with quieting Draughts.

*Other cooling Liquids may give a Sweat but not so safely.*

I am not such an Admirer of Water, but that I think there are other cooling Liquids, if they be so innocent, that they may be safely given in large Quantities, may produce a Sweat in the Beginning of a Fever, such as Small Beer, Small Beer Posset-Drink, and it may be Whey; but as any of these, being not so pure, and fine, and of such subtile Parts, nor so neat the Serum in Nature as Water is, will give more Disturbance to the Blood, and I believe not produce a Sweat, being given in so moderate a Quantity as Water will; so in the Use of any of these, there will be much more Danger of a *Diarrhea* or Looseness, which most Physicians think not so good in the Beginning of a Fever. As for mull'd Wine and Mace-Ale, which will sweat with the Help of Cover enough, they are to be reckoned among the hot Sudorificks, which must needs, as all the rest do, increase the Fever at present, tho' they may sometimes by producing a plentiful Sweat take it off, if given in the Beginning, for when the Fever comes to any Height, they are dangerous.

I will conclude this Eſſay with the Judgment of the Great *Borelli*, which may likely be of ſome Weight with the greateſt Phyſicians, tho' mine be of none at all. As far as I can ſee, thoſe that are by many accounted the beſt Phyſicians, take all that is uncommon, and new, in their Notions of Phyſick, from him and *Bellini*, *Malpighi*, *Baglivi*, *&c.* And therefore I hope the Opinion of one of them may be more eaſily received, at leaſt not lightly rejected by them.

*The Judgment of the Great Borelli, partly diſapproved, and partly approved by the Author.*

The Great *Borelli* in his Diſcourſe of Fevers, in the latter End of his Works, *Page* 312. ſays, The great Deſign of a Phyſician in the Cure of Fevers is, that the Obſtructions of the excretory Veſſels may be taken away, and the fermenting Salts be temper'd, or alter'd. He confeſſes, that the Separation of the Salts from the Humours will be hard, and not to be expected, when thoſe Salts are imbibed by and incorporated with the Juices in the Glands. As the Salt in Sea-Water cannot be ſeparated from it, but by Diſtillation.

As to the tempering or altering of the Salts, he propoſes two Ways.

1. By adminiſtring Salts contrary to thoſe that are ſuppoſed to be imbibed by the Glands. That Salts are contrary to, and deſtructive of the Virtue of one another, he proves by ſeveral Experiments. *Aqua fortis*, compounded of the Acid Salts of Vitriol and Allum, will

diſſolve Silver, but if we add *Sal Armoniack*, a more acrid Salt, it deſtroys that Virtue in *Aqua Fortis*. See more Examples in the forecited Place.

This no Body doubts, but what are we the better, unleſs we could know what kind of acrid or acid Salts thoſe are, that being mixed with the Humours are, as is ſuppoſed, the Cauſe of the Fever. Moſt modern Phyſicians that have wrote, ſuppoſe ſome ſort of acrid or acid Salts to be the Cauſe of Fevers, yet they are not (and I fear never will be) agreed of what kind they are. Some perhaps will have 'em nitrous, ſome lixivious, ſome tartarous, not to mention any more. Now if we know not what kind of Salts thoſe are, that are the Cauſe of Fevers, I cannot tell, how we ſhould know, what Salts are contrary to them, or deſtructive of 'em.

Beſides, Salts are dogged Things, at leaſt ſome of them, and Fevers are tickle Things, and we muſt have a Care, that inſtead of deſtroying thoſe ſuppoſed febrile Salts, we do not deſtroy ſomething elſe, or give ſuch Salts, as inſtead of deſtroying the Enemy, will join with him. Now I think *Borelli*'s Advice does not ſignify much to direct the Phyſician, unleſs he could have told us of what ſort the febrile Salts are, and what Salts we have, that are contrary to them.

2. The other Way he propoſes of tempering, moderating, or deſtroying the noxious

Power and Virtue of thoſe febrile Salts, is *Adhibito Cibo & Potu tenui & aquoſo: The Uſe of a low, and next to liquid Diet, and a weak and watery Drink.* Now I think, no Drink can be more thin, ſmall, weak and watery, than Water it ſelf. And here I think he ſays ſomething to the Purpoſe. Every Body thinks Water to be the beſt Imbiber and Diſſolver of Salts. And being I have proved (if my more than Twenty Years Experience ſignify any Thing) that a good Doſe of cold Water, will in moſt Fevers, if taken in Time, and in Bed, open the Glands of the Skin, and produce a plentiful Sweat (which it cannot do, but it muſt imbibe ſome or all of thoſe noxious Salts, that ſtagnate in the Glands) 'tis highly probable, it will, with it ſelf, and other Humours, carry off thoſe Salts out of the Body, and ſo cure the Fever. N. B.

And ſo the Separation and Expulſion of the Salts in the Humours, ſtagnating in the Glands (which *Borelli* ſays is not to be hoped for) will be effected. And both *Borelli*'s Intentions will be anſwer'd.

To conclude, There is ſomething of Faſhion in Phyſick, as in other Things. I my ſelf can remember the Time when many Phyſicians would hardly allow their Patients a little Small-Beer (much leſs Water) to cool their Tongues in a Fever. (They might as well have forbid 'em to throw Water on their Houſes when on Fire.) But now, as to that, the *The Concluſion.*

the Cafe is cleer'd, and I am glad
great a Man, as Sir *Richard*
clare so freely, as he does, in
the Plague, for the plentiful
Liquids in Fevers.

I confess, it is a little out of my way,
write in Physick; but I am not the first
that has writ a Book of a Subject he knows
little of. And if any of the Profession, that
censure me for this, will write a good Book
in Divinity or Morality (as some of 'em have
lately done very good ones) I shall not think
they intrude upon my Profession; I will buy
it, and read it, and thank 'em for it.

FINIS.